

FEMALE TRAINER THAT COMES TO YOU OR MEETS IN A GYM TRY FOR FREE NOW



Location **Arizona**
<https://www.genclassifieds.com/x-466965-z>

If you are wanting to get fit and you are not sure how to go about it, try it for FREE! NO strings attached! I train in Scottsdale, Paradise Valley, Tempe, NE Ahwatukee, NW Chandler, some parts of Gilbert, and Central/East Phoenix areas.

Let's go! Stop putting it off. It is time to get in your summer clothes and swimsuits, and look and feel good in them. I also do 30-minute, 45-minute, and 1 hour stretching sessions. Increase your range of motion, play sports better and decrease pain and tightness in ligaments/joints. Train in the privacy of your own home, all equipment is provided. I can also train you in your apartment complex fitness center, in the gym you currently belong to or in a choice of several gyms throughout the valley (excluding West Phoenix). Times for training are limited. You will see and feel firmer and have more energy in just a few weeks! Ladies - trim your waists and get toned! Gentlemen, gain muscle and strength and get rid of your midsection!

I am a female Personal Trainer and I have over 19 YEARS of FULL-TIME TRAINING EXPERIENCE. I am the Personal Trainer at the Arizona National Guard, training the Colonel, the Major, State employees and several soldiers for over 8 years.

LOSE BODY FAT, GAIN STRENGTH, GET TONED, increase your FLEXIBILITY, improve your BALANCE and get more ENERGY!!!



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Learn how to GET yourself AND your family in shape with proper techniques and STAY in shape for the rest of your lives!! (Only 30 min with 15 sessions you can lose 10 lbs)

GEN GYM TRAINING CERTIFICATIONS TRAINING BOTH MEN & WOMEN (AGES 8-99)

GEN CERTIFIED (100% COVER)

CPR/AED CERTIFIED

INSURED

CERTIFIED FITNESS TRAINER

CERTIFIED GOLF FITNESS TRAINER

*Certificate of Completion: ENDURANCE TRAINING TACTICS & NUTRITION ERGOGENICS

*Certificate of Completion: BODY MECHANICS

*Certificate of Completion: COMPETITIVE EDGE NUTRITION

* Certificate of Completion: PNF STRETCHING: PRINCIPLES and METHODS of PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION

* Certificate of Continuing Education: DYNAMIC STRETCHING

* Certificate of Completion: WATERFIT/WAVE AEROBICS

* Certificate of Achievement: EXERCISE and ARTHRITIS

* Scottsdale Community College: INTRODUCTORY NUTRITION

* Scottsdale Community College: PRINCIPLES OF HUMAN NUTRITION

* Scottsdale Community College: INTRODUCTION TO EXERCISE PHYSIOLOGY

* Certificate of Achievement: PHYSICAL ACTIVITY INSTRUCTION OF OLDER ADULTS

* Currently working on Degree for RECREATIONAL MANAGEMENT

Credentials and References available.

FAST RESULTS!

NO CONTRACTS TO SIGN!

BUSINESS PHONE: 6zero2-478-385zero

WEBSITE: BodiesbyJill. com

Call today and get a free session right away. Clientele is limited. Times for training are limited as.