

NEW YEAR RESOLUTION (Saint Louis)

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Location

Missouri

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QR Code Link to This Post It's almost 2018, did you change anything about your exercise habits? No? That's totally fine!

As a college athlete, I love helping people get into the shape they want to be in. I can help athletes, or people who want to lose weight, or people who just want to be fit. We all start somewhere and there is no shame.

You don't have to travel at all! I can come to you!

I have helped ladies get in the shape they want to be, and I've also worked with many athletes to stay in shape year round.

Prices vary. Shoot me an email for a FREE consultation and let's work something out with YOUR!!



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