

# PERSONAL TRAINING

Get it together with Coach Heather!

Time for a change!



**Individualized Personal Training Programs**  
Coach Heather is a nationally certified trainer with  
over 16 years fitness experience.

**Personalized Program based on your  
body type and goals. Personal  
Nutrition Programs, Weekly workout  
tips and Encouragement.**

**Contact Heather for more info.**

**Or set an appointment**

**[heatherlynnowens@yahoo.com](mailto:heatherlynnowens@yahoo.com) or  
call (770)540-4680**