



# PERSONAL TRAINING

**Need direction for your health and fitness goals?  
COMMIT TO BE FIT!**

- \*Workouts that fit your schedule
- \*Motivation & Accountability
- \*Learn proper/safe techniques
- \*New workout ideas
- \*Personalized workouts to realize your goals
- \*Long term results
- \*Small group sessions available

For more information:  
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