

Rates:

\$25 per Hour

Training Packages
Available at Discounted
Rates

Gift Certificates Available

Contact Dan for more
information or to make an
appointment.

(361) 293-5495
info@yoakumshapeshop.com



FITNESS & WELLNESS CENTER

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Can a Personal Trainer Help Me?

Dan Balzer

Services a Personal Trainer can offer:

- Help in overcoming workout/fitness plateaus
- Help targeting problem areas
- Dietary planning
- Create a personal workout routine (exercise prescription)
- Offer suggestions for new variations on exercise routines
- Reviews or advice on weight training and technique
- Information on alternative exercise equipment (balls, resistance bands, weighted bars)
- Introduce new exercises
- Tips on making workouts more productive and maximizing benefits
- Supplement advice

About our Personal Trainer:



Dan Balzer

- one of three original founders and officers of the Texas Powerlifters and Bodybuilders Association
- former Certified U.S. Amateur Athletic Union Powerlifting and Bodybuilding judge
- high school athletic director (designed and directed high school and district weight training and fitness programs in 4 school districts)
- former head football, basketball, baseball and track coach
- life-long lifter and sports competitor