

Rates:

\$45 per Hour or For a
One Time Session

Initial Consult \$15

Packages Available:

5 Sessions \$125

10 Sessions \$200

15 Sessions \$225

Gift Certificates Available

Contact Crystal for more
information or to make an
appointment.

(361) 293-8057

info@yoakumshapeshop.com

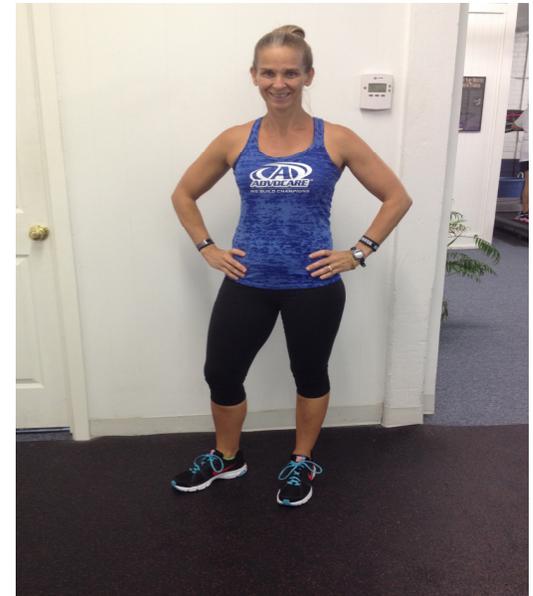


116 E. Gonzales
P.O. Box 307
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FaithFit

with

Crystal Blakeney



But those who trust in the
Lord will receive new strength.
Isaiah 40: 31a

Personal Training

Inspire—Motivate--Coach

I am ready and eager to help you reach your fitness goals. I will identify areas to work on, help you set realistic goals and assist you with effective and efficient ways to reach those goals. I will give you a program that is customized for your unique fitness needs. Personal training can motivate you to maximize your workout potential and achieve your goals. It is much more than a series of one-on-one appointments! You will feel more powerful and be empowered to do more!

My specialties—

- Strength Training
- Weight Loss
- Core Stability
- Cardiovascular Training
- Sports Specific
- Programs for Seniors
- In-Home Training for Homebound Seniors
- Boot Camps

Can a Personal Trainer Help Me?

- Do you need someone to help keep you motivated and inspired to exercise?
- Are you looking for a more varied or challenging program?
- Are you interested in sports specific training?
- Are you looking to increase your fitness level?
- Are you interested in learning how to get the most results in the shortest time?
- Are you feeling or seeing little change in your strength or energy level even though you have been exercising regularly?
- Are you concerned your exercise routine is aggravating an old injury or causing a new one?
- If you answered “YES” to any of the above questions, I can help you achieve your goals and train smarter.

About our Personal Trainer:

Crystal Blakeney

- Certified Fitour Primary Personal Trainer
- Accredited Healthways Older Adult Group Exercise Instructor
- Certified Fitour Aqua Instructor
- Certified Classic and Circuit SilverSneakers instructor
- AED/CPR certified
- life-long sports and fitness enthusiast