

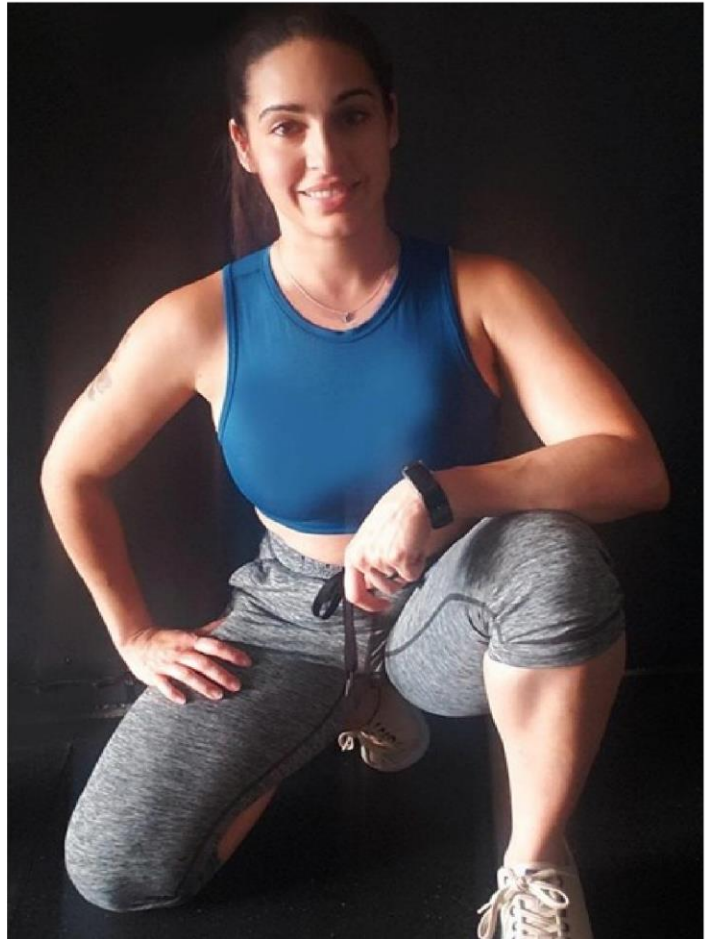
# Khy Patterson Certified Trainer

## Certifications:

**NASM Certified Personal  
Trainer**

**Pregnancy & Postpartum  
Corrective Exercise  
Specialist**

**Precision Nutrition  
Certified**



“Healthy looks different on every-body” ~Khy

Call or Text: 443-449-0998

Email: [lift.with.khy@gmail.com](mailto:lift.with.khy@gmail.com)



Under Six Standard Sessions \$60 per

Six + Standard Sessions : \$45 per

Under Six 30 Min Sessions : \$35 per

Six + 30 Min Sessions : \$30

4-Week App Progression Workout Plan \$120

\*\*Standard Sessions are 45 mins. Session purchases are per month basis. A Waiver & Cancellation Form must be signed prior to purchases and starting sessions. All purchases are made through Ft Meade MWR at Gaffney Fitness Center.

Phone 301-677-2349\*\*