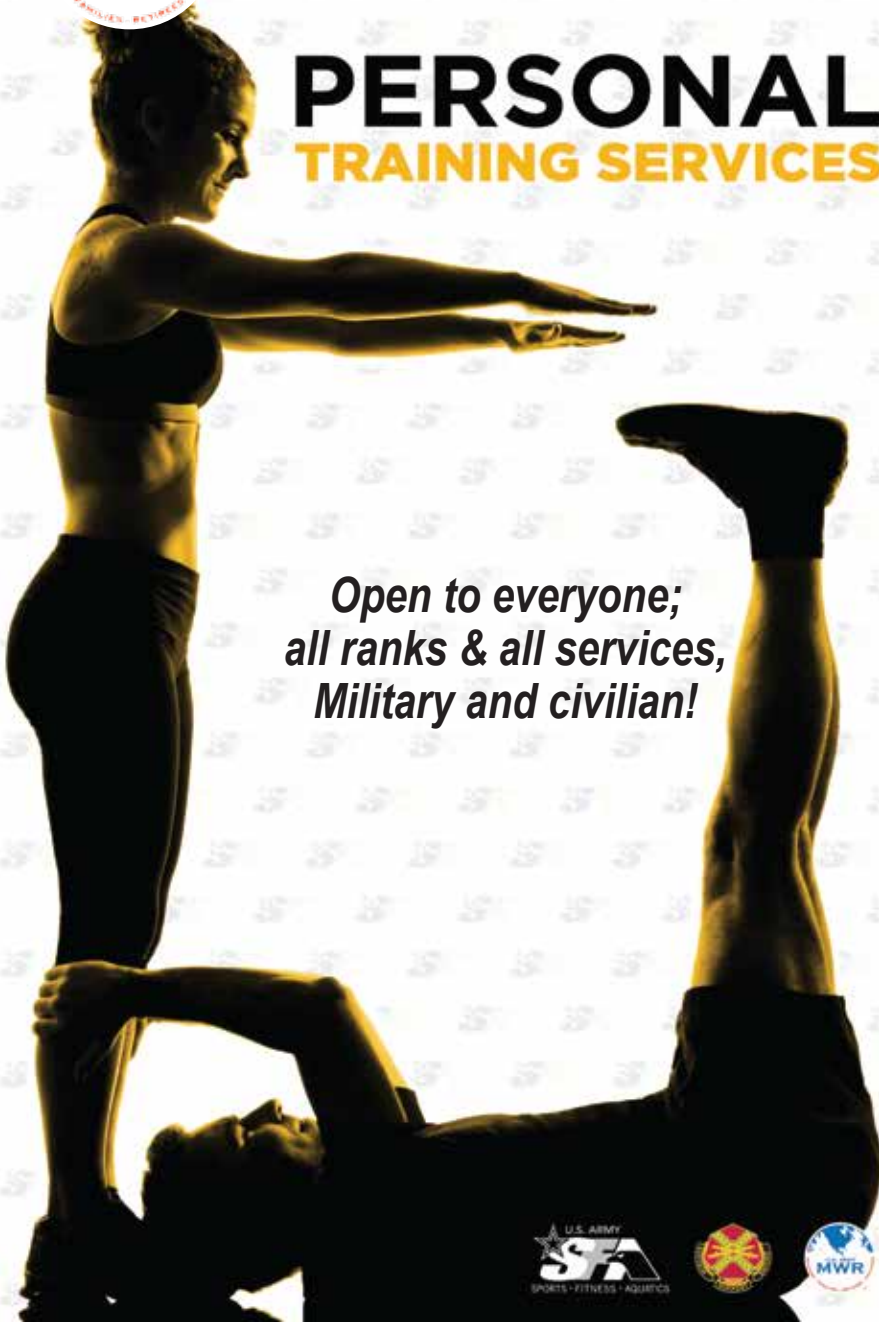
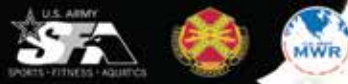




PERSONAL TRAINING SERVICES



**Open to everyone;
all ranks & all services,
Military and civilian!**



Meet Crystal

Crystal Graziano
Certified Personal Trainer

CONTACT INFORMATION:

Email: Thefemfettle86@gmail.com - 4437710490

TRAINING PHILOSOPHY:

I found a love for fitness after gaining so much weight from my pregnancies and the internal pressure to get my "pre-mommy" body back.

My appreciation for nutrition started with my son's first spoon-fed meal. I hadn't realized my diet was poor until I looked at it from the perspective of how it would affect one I loved so much. I knew I had to change. With exercise and nutritional balance (sometimes cupcakes are the answer); I lost 85 pounds and discovered a new appreciation for my body and what it can do.

Our bodies are capable of impressive changes and can overcome incredible demands. I'm now stronger, and in better shape, than any other time in my life!

I found my life's passion in personal training and helping others live a more active and healthy lifestyle. It's never too early or too late to start.

Get active, get strong.

PACKAGES & PRICES

Personal Training Fees

One Person: Sixty minute session: \$50.

Two Person: Sixty minute session: \$75.

***Active Life Foundation Package:** \$420.
Twelve sessions (\$35 ea)

***Strength Package:** \$560. per month
Sixteen sessions per month

***Weight-Loss Package:** \$600. per month
Sixteen+ sessions

**Packages contain many details, call for details.*

Interested clients will be contacted by the personal trainers directly; to schedule a consultation, to determine the client's fitness goals, and to determine which package works best.

Training sessions will be scheduled directly between the personal trainer and the client in order to best accommodate all schedules.

For further details and to register; please call Gaffney Fitness Center; 301-677-3716