

PERSONAL TRAINING

the



ALEXANDER WILLIAMS

404-910-7794

ALEXANDERWILLIAMS1996@OUTLOOK.COM



DESMOND NESBITT

706-570-8471

DESMONDNESBITT04@GMAIL.COM



KATIE VAN AALST

706-464-3678

PERSONALTRAINERKATIE@YAHOO.COM



CHERYL DOYLE

706-536-9956



ANDIE BLANCHARD

ANDIETB@YAHOO.COM



JEAN WISENALL

706-329-1884



AARON HOLLIS

706-593-5757

AARONHOLLIS1@GMAIL.COM



CASSIE LUND

CASSIETRAINS@OUTLOOK.COM

- **INDIVIDUALIZED ASSESSMENTS**
- **SAFE, EFFECTIVE AND INDIVIDUALIZED EXERCISE AND CONDITIONING PROGRAMS SCIENTIFICALLY VALID AND BASED ON CLINICAL EVIDENCE**
- **GUIDANCE TO HELP CLIENTS ACHIEVE PERSONAL HEALTH, FITNESS AND PERFORMANCE GOALS VIA THE IMPLEMENTATION OF EXERCISE PROGRAMS AND SUGGESTED LIFESTYLE MODIFICATIONS**