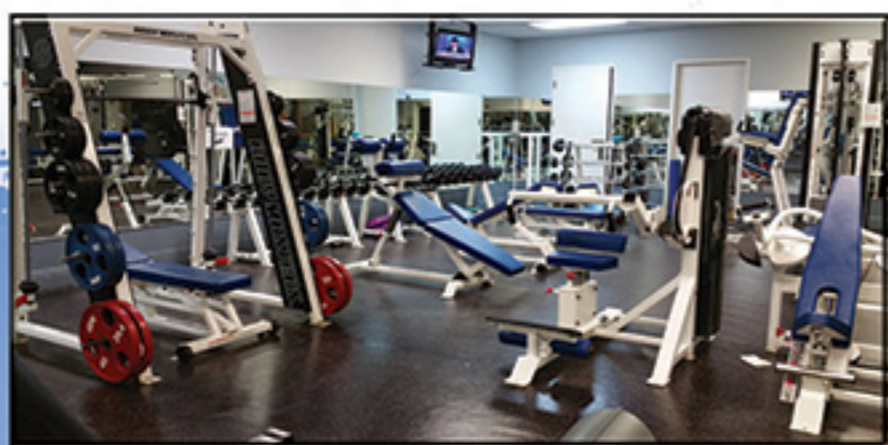


# CALIENTE FITNESS CENTER PERSONAL TRAINING



## SIGN UP NOW!

Call one of our personal training specialists today

### BENEFITS OF WORKING WITH A PERSONAL TRAINER

- Faster Results
- Weight/Fat Loss
- Improved Strength and Conditioning
- More Sound Sleep
- Enhanced Sports Performance

Just to name a few...

### Here's what we have to offer...

What sets our gym apart from the others is our personal dedication to each of our clients. Our great atmosphere is perfect for serious training and our friendly approach keeps you coming back for more. Come in and see for yourself.

Change your life...for GOOD!

SPA **Sereno**  
Caliente Resort - Tampa Florida

## Kevin Claramunt

It all begins with the first step... and personal attention tailored to your body, your needs and your goals. Personal training can be the jump start you need to increase performance and healing, to start your journey to feeling your best ever. Improve strength, flexibility and balance. My focus is for you to have better quality of life, starting now! Are you ready to feel great again?

\$60 per hour . Call: (813) 298-6531



## Cathy Winters

I develop a health & fitness program that works for YOU to bring more zest to your life! It's never too late to gain muscle mass, reduce body fat and improve heart health & flexibility. Whether it's strength training, cardio intervals, yoga or zumba instruction, the program is designed for your energy levels and outlook on life. (Couple Packages Available)

\$60 per hour (813) 362-6038



## Sophia Zayfman

I use a no nonsense approach and training smart, not hard. Nutritional guidance to support your fitness goals and coaching to break your self perceived limits. I also utilize the TRX and HIIT methodologies. Learn to train and nourish your body, with fitness levels from beginners to advanced. Fitness is not about 40% gym and 60% diet, its about 100% commitment!

\$60 per hour (813) 481-1047



[WWW.SPASERENO.COM](http://WWW.SPASERENO.COM)

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