
My programs are designed by the exercise physiologist and nutrition expert that I am with the goal of producing the best results for your body type and lifestyle. There are no fad workouts, diets or special foods to buy. You will achieve successful results with my sessions and regular nutritional consults.

Affordably-Tailored Fitness & Nutrition Programs

- Body PRO -- Our Full Feature Program for Optimum Weight Loss & Fitness
- Body BASIC -- Trim & Tone; Get Started; Fitness Maintenance
- Elite Fitness -- This Is Our One-Hour Concentrated PTI Workout: The Ultimate Hour
- Stretching a la Carte -- Extend Your Trainer-Assisted Stretching Time or Just Come in for Stretching
- Student Fitness -- Students at Any Level; It's Never Too Early For Fitness!
- Senior Fitness -- Fitness Helps Improve Lifestyle at Any Age!
- Special Health -- Specialized Programs for Every Condition and Level
- Corporate Fitness -- Group Savings Plans for Large or Small Employers

With me You Can Expect to:

- be leaner and more toned
- be healthier and more confident
- have more energy, strength and endurance
- IMPROVE YOUR LIFE!