

FITNESS TRAINER

Nancy Erickson

IFPA Certified Personal Fitness Trainer
IFPA Certified Diet, Exercise, & Overall Fitness
IFPA Certified Performance Nutrition

**Offering Group and Individual Sessions
that include Strength Training, Aerobic
Instruction, Nutritional Consulting, &
Sport-Specific Training**



Tuesdays or Thursdays
At 6 PM or 7 PM

4 Sessions - One Hour Each
\$40 Resident, \$50 Non-Resident
One on One (Per Session)- \$25 Res / \$35 Non

ONE COMPLIMENTARY TRAINING SESSION
will be included with registration!!!

Registration is going on NOW!
Open to all participants 16 years & older



Royal Palm Beach Recreation
(561) 790-5124

