

Get Fit and Healthy . . .

with our Personal Trainer
at
St. Martin's Activity Center!

The Activity Center has a personal trainer who can give you that special "personal attention" you desire for your fitness routine.

Cheryl Ann Holt ~ For Special Health Problems, Seniors, and anyone wanting to shape up!

Cheryl is a physical fitness instructor who specializes in obesity, arthritis, pregnancy, asthma, diabetes, low back syndrome, hypertension, osteoporosis and stroke. Cheryl holds three certifications from the Cooper Institute for Aerobics Research in Dallas, and a fourth certification from the National Strength and Conditioning Association. She offers training for individuals or small groups and focuses on rehabilitative issues. Cheryl can help you set realistic goals to regain or maintain your strength, flexibility and functionality.

Fee: \$50 per 1/2 hour
(group rates available)
Call Cheryl at 713-960-1510

Please fill out and sign an Activity Center release form for this class.

