



TRAINER of the MONTH

Megan Kanavas

BS in Kinesiology

Aquatic Group Exercise Instructor

Functional-based Training

High-Intensity Training

Weight Loss

Strength & Conditioning

Core Stability & Balance

Rehabilitation Training

**10% Off
Training Package for
Current Clients**

**25% Off
Training Package for
New Clients**

Philosophy of Care:

I practice what I preach – health and wellness is both a physical and mental challenge and I strive to better myself while teaching others how they can do the same. Whether you are looking to lose weight, gain size and strength, or need help with an injury, I am here and happy to help!

Please contact Anne Barber to receive your discount at (262)513-7209

**Limit one package per member*

10% discount for any current personal training client, 25% discount for a client new to personal training