



# TRAINER of the MONTH

## AJ Kalnins

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

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

**BS in Exercise Science  
Certified Exercise Physiologist  
Functional Based Training  
Weight Loss  
Cardiovascular Endurance  
Sport Specific Training and Conditioning**

### **Philosophy of Care:**

*One of my favorite quotes is "success is the sum of small efforts repeated day in and day out". I believe that this holds true not only in everyday life but in fitness as well. By giving a person the resources they need and pairing them with proper motivation, I believe that anybody can reach the fitness goals they desire. I enjoy working with people of all ages and walks of life, and believe that it is never too late to reach a person's fitness goals while hopefully improving their quality of life along the way.*

**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