



TRAINER of the MONTH

10% Off
Training Package for
Current Clients

Shelly Jens

BS in Fitness Management

Personal Trainer

Pi Yo Trainer

Certified Yoga Instructor

Customized Workouts

Sport specific training

Basic fitness goals

25% Off
Training Package for
New Clients

Philosophy of Care:

Shelly is an avid runner with both marathon and ultra-marathon experience. Shelly has grown her field of expertise to include both yoga and Pilates training. She believes any individual can benefit from working with a trainer to allow their body and their goals to involve overall strength, flexibility and stretching.

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