



TRAINER of the MONTH

Meredith Polzin

BS in Exercise Science

Cycling Instructor

Parkinson's Exercise Training

Post-Cancer Recovery Training

General Fitness

Functional Training

Weight Management

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

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

From an early age, exercise has always played a huge role in my life. Growing up I played numerous sports which taught me the values of teamwork and dedication. The many benefits of exercise have encouraged me to not only implement it into my life, but helping other individuals make exercise a part of their life. My goal is to use my determination, high energy, and effective training programs to help people succeed in many ways and reach their fitness goals. It is never too early or too late to start training to be the healthiest you.

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