

## CAT MILLER

AFAA Certified in Personal Training & Group Exercise.  
FiTour Certified in Cycle.

Cell: 505-310-3356  
Home: 505-424-1848  
Email: millwalker55@hotmail.com (please put "Personal Training" in the subject line)

Being more active on a daily basis could be the most critical thing anyone can do. Select an activity you enjoy and will participate in on a regular basis. The body is born to move and all systems function more efficiently when you engage in at least 30 to 60 minutes of moderate activity everyday. It's never too late to start. Fitness is everybody's right, no matter what the age.

Single Rate: \$45/Hour  
2-Person Rate: \$30/Person/Hour

If you participate regularly in the cycle classes: \$35/Hour  
(Please see Cycle Class Schedule and talk to Cat if interested in getting started with cycle classes)

Health History & Liability Form to be filled out.

GCCC has a Fitness Assessment Center. If you are interested in a fitness assessment (blood pressure, body composition, strength, flexibility & cardiovascular), please call 955-4009 to set up an appointment. The fee is \$35.