

# Kari Wilner

## AFAA Certified Personal Trainer

Kari is an AFAA Certified Personal Fitness Trainer and Group Exercise Instructor. She is also certified as a TRX Suspension Trainer, Cycling, Arthritis Foundation and SilverSneakers Instructor. Kari teaches a variety of fitness classes including Boot Camp, Cycling, Aqua Power and Senior Exercise. With her experience as a competitive swimmer and coach, Kari has developed a passion for triathlons and enjoys sharing this passion with others. Watch out, she just may encourage you to find your inner athlete too!

***“Take care of your body. It’s the only place you have to live.” – Jim Rohn***

We all need a little help with exercise sometimes. Here are a few reasons to hire a personal trainer:

- You’re not seeing results or hit a plateau
- You don’t know where to start
- You’re bored with the same old workouts
- You need to be challenged
- You need accountability and motivation
- You have a specific injury, illness or condition
- You’re training for a sport or event
- You want to maintain your independence

**Kari Wilner**

**Personal Training**

**Email: kariwilner@yahoo.com**

**Cell: 505-819-8663**



### **Individual Session Rates:**

30 min. session - \$30

60 min. session - \$45

90 min. session - \$60

### **Group Session Rates:**

2 person; 60 min. session - \$30/person

3 person; 60 min. session - \$25/person

### **Package Discounts Available.**

*See Kari in action!  
Check out the GCCC Class  
Schedule today.*