



Miriam Boldman is AFAA-certified in both Personal Training and Group Fitness. She has been in the fitness industry since 1993, leading group aerobics classes and working with personal training clients. She also holds a Master’s Degree in Fine Arts from the University of Cincinnati. Miriam specializes in:

► **Decreasing Fat, Toning Muscle**

Learn how to **shed that layer of fat** and tone the beautiful muscle that is hiding underneath using minimal equipment and just a pair of sneakers.

► **Baby Boomer Fitness**

Miriam specializes in the “baby boomer” generation, designing workouts for people who are looking for **functional fitness** and who want muscle tone, flexibility and ease of movement, making daily life more enjoyable.

► **Moving through Menopause**

Don’t let menopause get the better of you. Learn how to **jumpstart your metabolism** to fight the creep of those extra pounds.

► **Core Strengthening**

A strong core is the foundation for a strong body. Learn how to use the **stability ball** and the **BOSU**, an inflatable half dome, to tone and strengthen the abdominals, obliques, and lower back muscles. Also, learn some basic **Pilates** moves to strengthen the inner core.

### Solo Session Rates

**Single solo session  
60 minutes**      **\$55.00**

**Single solo session  
90 minutes**      **\$75.00**

### Group Session Rates

**2 person session  
60 minutes**      **\$40 per  
person**

**3 person session  
60 minutes**      **\$30 per  
person**

***10% discount given for a ten session package***

Before beginning a new training regimen, every client completes a medical history, a cardio test, a flexibility test and a weight and body fat analysis. Lifestyles, goals, and injuries are also discussed during this first session.