

Do I need a personal trainer?

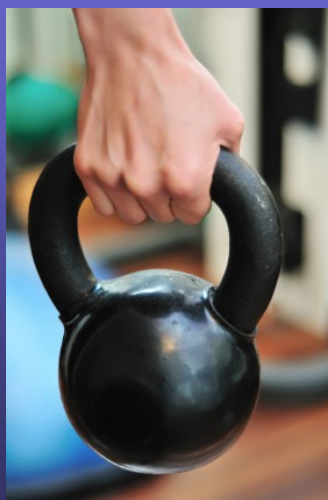
► ***I'm new to fitness and don't know where to start.*** A personal trainer can guide you with the proper exercises for your needs and goals and demonstrate proper form.

► ***I have reached a plateau with my current fitness program.*** Maybe you can't shed that last 5 pounds or can't budge your best 5K time, a trainer can help you push past those plateaus and reach your goals.

► ***I am recuperating from an injury and want to gain back full range of motion.*** With the help of your physician, a trainer can help you get back into shape and resume your typical lifestyle so you can move without pain.

► ***I lack the motivation to work out and get in shape and get bored quickly.*** A trainer will help you stay motivated by offering fun workouts and ever-changing programs to ward off boredom.

Miriam Boldman
AFAA Certified Personal Trainer
P.O. Box 405
Cerrillos, New Mexico 87010
Cell: 505.470.7831
Email: MiriamBoldman@Gmail.com



Tel: 505.470.7831

Personal Training with Miriam Boldman



Stop Making Excuses!
*You are never too old, too fat or too far gone to get into the best shape of your life,
NOW!*



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.

► **NEW! TRX Suspension and Kettle Bell Training**

Learn how to blast fat and pounds in less than an hour using the new TRX Suspension System and Kettle bells. Used in conjunction, you will tone muscle and burn fat simultaneously!

► **Core Strengthening**

A weak middle is a problem for most.. 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.

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

Ask about my ongoing **group personal training sessions**. It is an affordable and fun way to train! Monthly groups are now forming, rates as low as **\$15 an hour!**

TRX Suspension Training



Kettle bell Training

