



PERSONAL TRAINING

by Coach David Alexander

FREE CONSULTATION!

See more at CoachZTraining.com

HUGE MULTIPLE SESSION DISCOUNTS AVAILABLE!

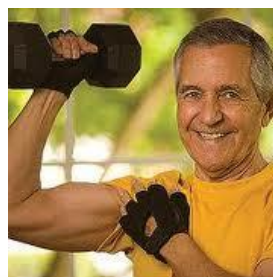


ONE-ON-ONE WITH “COACH Z” Goal Based Training Program

- Build Incredible Confidence
- Live Longer
- Lose Weight
- Beach Body
- Wedding
- Build Lean Functional Muscle
- Feel Better
- Get Stronger
- Reunion
- Athletic Event



You tell me your goals and I will design a program to get you there! We will work together 3 or 4 days a week until you have achieved your goals. Your sessions will be fun, exciting and personalized to what you want to accomplish. I have a long list of fun exercises, workouts, and strength training protocols to use in helping design your personalized “goal based” training program. Whether it’s to increase confidence, lose weight, achieve a better body composition, increase strength, get in shape for an upcoming wedding or reunion, finally get that beach body or compete in an athletic event. Whatever it is you want, I will design a program to get you there and be with you every step of the way. Contact me for a **FREE CONSULTATION** at coachalexander@gmail.com with **ONE-ON-ONE** in the subject line. I can come to you or we can meet me at the gym. It’s your choice.



For more info and pricing email Coach David Alexander
coachalexander@gmail.com