



Personal Training with Nanci!

With over 20 years of experience Nanci is very passionate with helping people reach their fitness goals!! Her belief is to be fit is to feel healthy, be confident about your body, be strong and at the same time to have endurance and quickness. It requires a variety of exercise to get maximum results from your workouts. Nothing motivates people more than seeing results. Those results come on multiple levels – physical, emotional, and relational. People **expect** to become stronger and fit through training. What they don't expect always is how much better they will enjoy their total quality of life.

Nanci Carter

- AFFA Personal Fitness Trainer Certified
- IMX Pilates Reformer & Matt Certified
- 1991 Body Building Competition , 3 Place Overall, 1st Most Muscular, 1st Posing
- Marathon Runner
- Aerobic Instructor
- Spin Instructor

Personal Training Description

- Personalized workout specifically designed for client's fitness needs & goals through weight training, circuit training or Pilates Reformer or matt training.

Cost

- \$55 Per One Hour
- \$50/Hr. for a package of 10 sessions
- \$45/Hr. for a package of 20 sessions

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