



# Personal Training

with Matthew Imhof, M.Ed., C.P.T.

*Strengthen & Tone*  
*Stay Motivated*  
*Improve Flexibility*  
*Burn Fat*  
*Energize the Body*

## Sessions by appointment only

\$50 – single session

\$225 – 5 sessions

\$400 – 10 sessions

## Why work with a personal trainer?

- ◊ Professionally designed program to meet your goals
  - ◊ Motivation and encouragement
- ◊ Efficiency, effectiveness and accountability
  - ◊ Recovering from illness or injury
- ◊ Training for a specific sport or event
  - ◊ Break through your plateaus
  - ◊ Safety and support

## Matthew Imhof, M.Ed., C.P.T.

- ◊ 13 years experience in the health, fitness and coaching industry
- ◊ A.C.E. certified personal trainer
- ◊ Specialty training in flexibility exercise from East Side Sports Physical Therapy in New York City.
- ◊ Award winning collegiate and high school coach in track and cross country
- ◊ Active runner for over 20 years
- ◊ Former Head Marathon Coach for the National Arthritis Foundation's "Joints in Motion", marathon training program.
- ◊ Former owner of, "Personal Best Running and Fitness"
- ◊ Upbeat and encouraging attitude to keep you on track



For additional information and registration, please contact Holly Lassila or Matthew Imhof at 724-449-YOGA (9642).