



JESSE RYAN

F I T N E S S



Empowering Healthy Lives
Personal Training for Individuals • Groups • Companies



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Jesse Ryan • 707.280.5808
JesseRyanFitness.com • Jesse@JesseRyanFitness.com

MY GOAL

is to **support, motivate & empower** you to enjoy the experience and benefits of a fit body and healthy lifestyle.

Your integrated training program includes:

- Strength Training
- Core Conditioning
- Cardio
- Balance, Agility and Flexibility
- Weight Loss
- Nutritional Guidance

Training is offered in-gym, in-home, outdoors and at company locations through individual sessions, group sessions, workshops and retreats.

RATES:

- ½ Hour Training Session - \$50
- 1 Hour Training Session - \$85
- Pair Training Session/per person - \$60
- Group Training/per person - \$50
(groups meet 1 hour each week per month, pre-paid).
- **Company Training -**
For information on customizing a training program for your company, please contact Jesse Ryan.

ABOUT ME

Jesse Ryan, Certified Personal Trainer, has been practicing and teaching fitness training, healthy nutrition and positive lifestyle changes for more than two decades. She is founder of "Sustainable Health & Weight Loss", a comprehensive eight-week program offering support, fitness and nutritional guidance. Currently, she teaches individual, pair and group training both outdoors and on location at local gyms and companies.

Jesse is a Certified Physical Fitness Specialist. She completed her undergraduate studies in Exercise Science in 1988. She was certified by Kenneth Cooper, M.D. of the highly acclaimed Cooper Institute, while concurrently serving on his staff.

CONTACT:

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