

Personal Training with Nikki



One on one fitness with a certified personal trainer, Nikki Dozier.

Service includes:

- **Free assessment**
- **Personalized program**

Reach your fitness goals and improve your health with a personal trainer. All programs are specifically designed for you.

Weekly Rates:

Two sessions a week \$45/week

Three sessions a week \$55/week

Monthly Rates:

Introductory first month is \$85 (includes 4 sessions a week.)

Following months \$115/month (includes 4 sessions a week.)

Not sure if this is for you?

Trial Session is only \$25 and includes a free assessment.



City of Jacksonville Recreation & Parks

100 Recreation Lane

910 938-5312

www.JacksonvilleNC.gov/Recreation



Like us on Facebook for the latest info, events & updates.

INSANITYTM

LIVE

Insanity Live: a high intensity/body weight-only workout that will get you sweating and on your way to meeting your fitness goals. Beginner friendly.

Jacksonville Commons Rec Center

100 Recreation Lane

Time: 6-7PM

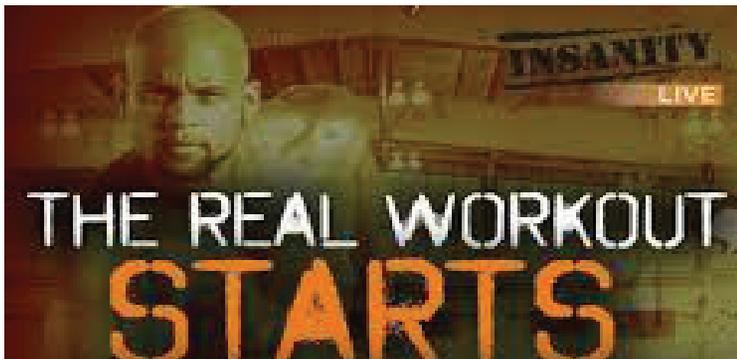
Tuesday, Thursday & Friday

Cost: \$6.00 drop in

(\$60 monthly-3 classes a week)

Instructor: Rosemary Cuppernell

Registration
Starts
Nov 23



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