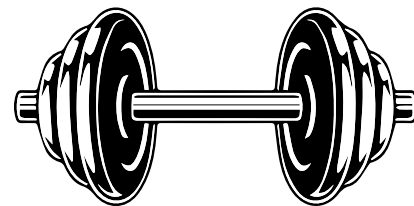


Zach Cramer

Personal Trainer



Meet Byron Rec's

Certified Personal Trainer

Graduate of National Personal Training Institute

Zach Cramer is a graduate of the National Personal Training Institute who specializes in weight loss, nutrition, and modified programming for clients with injuries. Zach has dozens of success stories ranging from 100 pound weight losses to strengthening formerly injured person back to full function. Zach also continues to study health and nutrition in order to ensure you get the outcome you desire. Send him a message or contact him to see how and if there's a plan we can build for you to get results.

SESSIONS

SESSION TYPE

RATES

1	Intro to Equipment	\$40
1	Individual 1-Hour Session	\$55
3	Ind. 3 - Hour Session 10% off	\$148.50
6	Ind. 6 - Hour Session 12% off	\$290.40
12	Ind. 12-Hour Session 15% off	\$561
18	Ind 18-Hour Session 20%	\$792
1	1 Hour -Couple Session	\$70
1	Small Group (3-4 people)	\$80
1	Nutrition Assessment	\$40
1	In Body Scale Weigh-in	\$20

Contact Zach : 989-980-4549