

# FREE PERSONAL TRAINING & NUTRITION



## RMHS COMMUNITY INITIATIVE

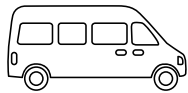
### PERSONAL TRAINING & NUTRITION SESSIONS



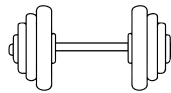
#### WORKOUT IN THE COMFORT OF YOUR OWN HOME!

- ✓ 12 Weeks of Personal Training
- ✓ 3 Sessions with a Nutritionist
- ✓ Equipment bag with exercise equipment
- ✓ Initial assessment to help set goals
- ✓ Reassessment to see progress

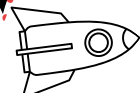
**FREE FOR PARTICIPANTS - FUNDED BY RMHS**  
\*Must reside in Denver County and I/DD



**CONVENIENT**  
We come to you!



**CUSTOMIZED**  
Workouts programmed for your individual fitness goals



**CREATIVE**  
Fun & Creative Workouts

## PROGRESS + RESULTS = IMPROVED LIFE

CONTACT BARB AT: 📞 303-848-8491

📧 [barbara.garey@gymguyz.com](mailto:barbara.garey@gymguyz.com)

🌐 [www.gymguyz.com/denver-south/](http://www.gymguyz.com/denver-south/)