

# FIT @ FIG PERSONAL TRAINING

## PRICING

*Each session is 45 minutes*

1 person \$55.00

2 people \$32.50 each

3 people \$27.50 each

4-5 people \$25.00 each



## CAMERON SCHARNICK

[cameron\\_scharnick@yahoo.com](mailto:cameron_scharnick@yahoo.com) | (559) 696-5544

Cameron is a certified personal trainer and has been perfecting his trade over the course of a decade. Cameron has studied with and under collegiate, professional, and Olympic strength coaches. He offers strength training programs that are personalized to your strengths and weakness physically, as well as, specific to your predominate brain chemistry. He is a certified Metabolic Analytics Practitioner with the ability to access your hormonal profile based on a 14 cite skin fold system. This system ballows for dietary, supplement and treatment recommendation to help improve your health, weight management, and muscle health. The system is also very closely correlated to blood test values allowing us to make week by week adjustments to improve what we see in the doctors office.



## HOPE ROSKY

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Hope Rosky is an International Sports Science Association (ISSA) certified Personal Fitness Trainer and Group Fitness Instructor. Hope was a high school and collegiate athlete as a diver, and started taking diving lessons at age 10, at Fig Garden. Prior to becoming an ISSA Trainer and Fitness Instructor, she was a educator in Arizona for 30 years, specializing in Gifted education, and also taught special ed as well. She also coached diving and was an assistant volleyball coach in a youth league. She also became a life/genius coach, which helps individuals attain his/her personal best, and performing on strengths rather than weaknesses to succeed. Hope integrates left brain/right brain balance exercises to training programs. Balance exercises, along with other forms of regular exercise, are proven to help older adults improve overall mobility, function and mental health while reducing various chronic symptoms. Hope will provide a specialized program to ingrate balance, strength, and flexibility for a healthier you!