

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

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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.

