



KINGSTOWNE  
INTERNAL  
MEDICINE

# Personal Trainer



PAULA JARVIS, CPT

Let's get moving! As a personal trainer I enjoy working with male and female clients of all ages and fitness levels. Some of my clients have never exercised in their life, while others currently exercise and come to me for a boost or a new approach. Some are recovering from heart attacks, strokes or injuries and others are hoping to lose weight, improve their balance, flexibility, and strength. Whatever circumstance you face, as a member of the team at Kingstowne Internal Medicine, I look forward to helping you identify and meet your personal goals to improve your health and wellbeing.

~~Paula

## Personal trainer fees

30 minute sessions:

- Individual : \$45
- Group of two: \$35 per person
- **Group of three : \$30 per person**

50 minute sessions:

- Individual : \$65
- Group of two: \$55 per person
- **Group of three : \$45 per person**