



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 in their home or in my home studio. 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, 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
- Partner session: \$35 per person

50 minute sessions:

- Individual : \$75
- Partner session: \$55 per person