

Personal Training

Rebecca Metry
(616) 450-9838



For those of you who would like to have an individualized work-out routine, we are pleased to introduce you to your Personal Trainer, Rebecca Metry. Rebecca is a fitness professional who has been certified through the National Academy of Personal Trainers. She has worked with people of all fitness levels; from the marathon runner to the medically prescribed lifestyle change. To ensure client success, she incorporates nutrition, cardiorespiratory, and resistance training into each individual workout. Her passion is to help, motivate, and encourage people to reach their goals...whatever they may be.

RATE

\$50/ 1 Hour Session

*****1 Hour Session can be used as 2 - 1/2 hour sessions if preferred*****