

BRENT HECKEMEYER

I have been in the Jefferson City area my entire life. I graduated from Blair Oaks High School, then continued my education and baseball career in Marshall, MO. I graduated with a Bachelor of Science degree in Exercise Science at Missouri Valley College while playing baseball for 5 years as well as serving as a team captain for 2 years. Health and wellness is my passion. My goal is to share the knowledge and skills I have learned throughout my career, and allow everyone's body to function how it is intended to do in order to help you reach your goals. I have been in the game, working with all ages and body types for 6 years. **I specialize in mobilizing and stabilizing the body, all while being pain free throughout the process.**



I currently also work for the University Hospital in Columbia, MO as an Exercise Physiologist in the Cardiac Testing Clinic.

CERTIFICATIONS: B.S. Exercise Science, NSCA CPT, LiveStrong at the YMCA Instructor, NSPA Speed and Agility Coach, Pain Free Performance Specialist

YEARS/HOURS OF EXPERIENCE: 6 years of Personal Training

AVAILABILITY: Early morning, after 5pm and weekends

CONTACT:

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- Phone: 573-619-7395



FUNCTIONAL FLEX
MOBILITY & STABILITY

573-619-7395 | BRENT.HECKEMEYER@GMAIL.COM

PERSONAL TRAINING RATES

30 MINUTE SESSIONS	\$35/PERSON/SESSION
DUO 30 MINUTE SESSIONS	\$25/PERSON/SESSION
GROUP 30 MINUTE SESSIONS	\$20/PERSON/SESSION
1 HOUR SESSIONS	\$60/PERSON/SESSION
DUO 1 HOUR SESSIONS	\$50/PERSON/SESSION
GROUP 1 HOUR SESSIONS	\$40/PERSON/SESSION

**PRICING DOES NOT INCLUDE YMCA MEMBERSHIP
**GROUP SESSION MAY HAVE UP TO 6 PEOPLE