

CHARLENE FITCH

Hi, I'm Charlene, a certified personal trainer dedicated to helping individuals reach their personal fitness goals. I provide clients with an accessible and achievable path to better physical and mental health. I'm passionate about motivating and inspiring people to push their boundaries, and I believe that fitness should be a lifestyle rather than a chore.

CERTIFICATIONS: Group Fitness instructor (AFAA), Personal Trainer (AFAA), Les Mills Instructor

YEARS/HOURS OF EXPERIENCE: 27 years of fitness instructor experience and 7 years of Personal Training

AVAILABILITY: Early morning, after 5pm and weekends

CONTACT:

- Email: FitchFitness@outlook.com
- Phone: 573-619-8622



SESSION COST & DURATION OPTIONS:

SESSION COST	DURATION	NUMBER OF SESSIONS
\$50/session	60 minutes	1-9
\$45/session	60 minutes	10-19
\$40/session	60 minutes	20+
\$35/session	30 minutes	1-9
\$30/session	30 minutes	10-19
\$25/session	30 minutes	20+
\$99/package	60 minutes/session	3 Total
\$79/package	30 minutes/session	3 Total

For more information, contact Quinton Sallin, YMCA Wellness Director, at qsallin@jcyymca.org or 5737613225.