



Chris Cone

Certified Personal Trainer

"recovery as a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential."

CONTACT



573-552-1108



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Create motion...Create change. Decades of coaching and training athletes as well as my own personal experience as a lifelong fitness enthusiast, combined with my years of experience as a life recovery coach have uniquely qualified me to take the desire and determination that you already have and together develop the daily disciplines that will move you towards your fitness goals. Become a participant in change, rather than a victim of it.

Certifications

- ISSA Personal Trainer
- MCB Certified Peer Specialist
- CCYFL Coach
- USAW Coach
- LOSA Coach

Years/Hours : 25 years+

Availability: Monday- Friday/ some weekends

For more information contact Quinton Sallin, YMCA Wellness Director at qsallin@jcymca.org or 573-761-3225.

Session Cost and Duration Options

Session Cost	Duration	# of sessions
\$35/Session	30 minutes	1-7
\$30 Session	30 minutes	8+
\$50 Session	45 minutes	1-7
\$45 Session	45 minutes	8+
\$100 package	30 minutes	4 total