

# **BODYROX PERSONAL TRAINING**

Work out with an experienced Certified Personal Trainer at your local Fitness Center! Renee Oxford is a licensed Personal Trainer and Corrective Exercise Specialist through the National Academy of Sports Medicine. She is also certified in Group Fitness through the American Council on Exercise and a Certified Boxing Fitness Instructor. Renee has 6 years of professional experience in the fitness industry. Her philosophy to a healthy lifestyle encompasses more than diet and exercise. It's also a state of mind, setting and achieving your goals in a positive manner and being accountable for your results. Renee's passion is to educate her clients and help them obtain the self confidence and motivation necessary to realize their goals. Renee is high energy and eager to share her knowledge! Through motivating and fun workouts, she looks forward to helping each client on their journey to a healthy way of life.

## **1-on-1 Personal Training and Rates**

- Ultimate motivation, guidance, and support
- Customized programs to meet individual needs
- 30 minute (\$40/session) and 60 minute (\$65/session) formats
- 5% discount if purchase 5 or more sessions at a time (both 30 & 60 minute formats)
- 10% discount if purchase 10 or more sessions at a time (both 30 & 60 minutes formats)

## **1-on-2 "Duo" Training and Rates (rates are per person)**

- Workout with a friend, spouse, or co-worker
- Added level of energy and accountability
- Reduced rates per person
- 30 minute (\$30/session) and 60 minute (\$50/session) formats
- 5% discount if purchase 5 or more sessions at a time (both 30 & 60 minute formats)
- 10% discount if purchase 10 or more sessions at a time (both 30 & 60 minutes formats)

For more information, contact Renee Oxford at 651-307-3129.