

CERTIFICATIONS

ACE-CPT

Certified Balance & Fall

Prevention Coach

Certified Strength &

Conditioning Coach

Focus: Mental Health & Stress

Reduction

CONTACT INFORMATION

Contact:

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THE BRICK

(817) 426-9106

550 NW Summercrest

Burleson, TX 76028

DERRICK ROSE

PERSONAL TRAINER



Parks and Recreation

BIO

I am a graduate of Texas Tech University (Finance/Economics) who is the Owner/Lead instructor of a safety company called Melrose CPR. My passion is to continue to help educate the community on the science behind cardiovascular and mental health. Since 2019, I have helped create and operate the BRiCk fitness program, called Commit to Fit. My focus is to help people from various walks of life improve their mental and physical health, which ultimately leads to stress reduction.



PERSONAL TRAINING SERVICES

1 HOUR PERSONAL SESSION: \$50

Buy 5 or more personal training sessions receive \$5 off per session, buy 10 sessions receive 1 free (Hour Only sessions)

30 MINUTE PERSONAL SESSION: \$25

1 HOUR GROUP SESSION: \$65

Unused sessions expire after 6 months from date of purchase

BODY FAT TESTING: \$10

Sessions are by appointment only