

CERTIFICATIONS

**NASM-Certified Personal Trainer
(CPT)**

CONTACT INFORMATION

Contact:

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HANNAH LEE

PERSONAL TRAINER

THE BRICK

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550 NW Summercrest
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THE CITY OF
BURLESON
TEXAS

**Parks and
Recreation**

BIO

All my life I've loved playing and watching sports. In high school I participated in powerlifting, track and competitive cheer.

My inspiration of becoming a Fitness Instructor & Personal Trainer rooted from becoming a mother and having a lack of knowledge on how to effectively heal my body, and maintain a healthy lifestyle post baby. I then acquired my CPT through NASM with the intention of empowering others through fitness and encouraging them to become the best version of themselves.

Whether you're looking for help to get started on your fitness journey or you are needing a challenge I would be delighted to assist you in reaching your health & fitness goals.



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