



Reach Your Fitness Goals: Personal Training Sessions Available For All Ability Levels

Whether you are an experienced athlete, new to exercise, or have physical limitations, Ashley Davis, Marianjoy’s personal trainer, can help! Ashley will work with you to determine your goals and develop an exercise program that can be achieved by working at your fitness level.



Ashley has years of experience in working with children, teens, adults, and seniors. She has helped clients achieve weight loss, increase tone, and improve strength, flexibility, and balance. She also has experience in providing personal training to those with a variety of conditions including arthritis, osteoporosis, knee replacements, multiple sclerosis, and spinal stenosis.

Personal training is available Monday – Friday, with morning, afternoon, and evening sessions available.

For more information regarding personal training, please call 630-909-8626 or email Ashley at adavis2@marianjoy.org. To schedule your personal training session, please call 630-909-7150.



MARIANJOY

Center for Emerging Fitness

Marianjoy Rehabilitation Hospital • 26W171 Roosevelt Road • Wheaton, Illinois 60187
630-909-7150 • www.Marianjoy.org



Holiday Savings Offer

Schedule your personal training sessions at this special rate!

Regular Rates:

60 minutes \$50
30 minutes \$25



DISCOUNTED RATES

8 Sessions For the Price of 6!

**SAVE
\$100**

Purchase six - 60 minute personal training sessions for \$300 and get 2 FREE sessions! (\$100 savings)

**SAVE
\$50**

Purchase six - 30 minute personal training sessions for \$150 and get 2 FREE sessions! (\$50 savings)

6 Sessions For the Price of 5!

**SAVE
\$50**

Purchase five - 60 minute personal training sessions for \$250 and get 1 FREE session! (\$50 savings)

**SAVE
\$25**

Purchase five - 30 minute personal training sessions for \$125 and get 1 FREE sessions! (\$25 savings)

