

# Women's Fitness Workouts!

Individual & Small Group Training Sessions

(Private individual & small group sessions are available at your preferred location!)

*\*Got kids? Can't get away? Family sessions can be arranged.\**



Provided by

**Sheryl Richard, Majestic Woman**

Certified Personal Trainer & Wellness/Lifestyle Coach

**Results:**

**Love the way you look & feel!**

**Enjoy abundant energy, muscle tone, weight loss/maintenance, flexibility, stress relief, cardio endurance, and confidence!**

**(Session schedule on back):**

**45-minute sessions - \$40/per 4 sessions**

**20-minute sessions - \$25/per 4 sessions**

**at**

**Go For It USA Gymnastics**

3105 Coleman Street

North Las Vegas, NV 89032

(park & enter at South side of building)

***FREE 1<sup>st</sup> Session or Consultation!***



***Contact Sheryl to sign up:***

Call or text at 702-491-6829

Email [Sheryl@MajesticWellness.com](mailto:Sheryl@MajesticWellness.com)

**Items Needed: Water, Yoga mat, towel & 3 lb or 5 lb dumbbells**



## Majestic Woman Women's Fitness Workouts

### Session Days & Times

(\*Private individual & group sessions may also be scheduled for this & other locations.\*)

Class	Tuesdays	Wednesdays	Fridays	Saturdays
Fabulous Full Body Cardio/Strength/Stretch/Breathing		6:30-7:15 pm		8:30-9:15 am
Fabulous Full Body Strength Express Cardio/Strength/Stretch/Breathing		6:00-6:20 pm		9:30-9:50 am
Crazy Cardio				
Stress-Less Stretching & Breathing		5:30-5:50 pm		
Absolutely Abs				10:00-10:20 am
Lovely Lower Body				
Ultimate Upper Body				

If these sessions don't work for you,  
Complete this [Fitness Survey](#) to let me know how I can serve you!

(Enter at South side of building.)  
Wednesday classes are held in Studio 702.  
Saturday classes held in Fitness Studio.

#### Payment options:

1. PayPal - [Sheryl@MajesticWellness.com](mailto:Sheryl@MajesticWellness.com)
2. Money Order - payable to Sheryl Richard
3. Cash Payment - due at first monthly session

**\*\*One-time signed waiver due at first session\*\***

Call, text or email Sheryl with any questions or to sign up for sessions.

Visit [www.MajesticWellness.com](http://www.MajesticWellness.com) & watch for Majestic Woman updates on Facebook!