

Work up a sweat with a **Personal Trainer**



Jackie Miller

**ACE Certified Personal Trainer
USAT Level II Expert Coach
(919) 818-7096
jackiebritfit@nc.rr.com**

Jackie has over 18 years of training and fitness experience working with a wide range of ages and skill levels. Jackie is one of select few professionals in NC to conduct the Functional Movement Screen and Corrective Exercise Program.



Session Rates

30 minute	\$35
1 hour	\$70
2hour	\$130

**Purchase sessions at the Hunt Recreation Center front desk.
Contact the trainer to schedule an appointment.**

Matt Kalanz

**American Council of Sports Medicine
Personal Trainer/Group Exercise Instructor
(919) 723-7819
Matt.kalanz@gmail.com**

Matt has a diverse background in kickboxing, TRX, and sports conditioning. Matt strives to provide challenging and effective workouts.