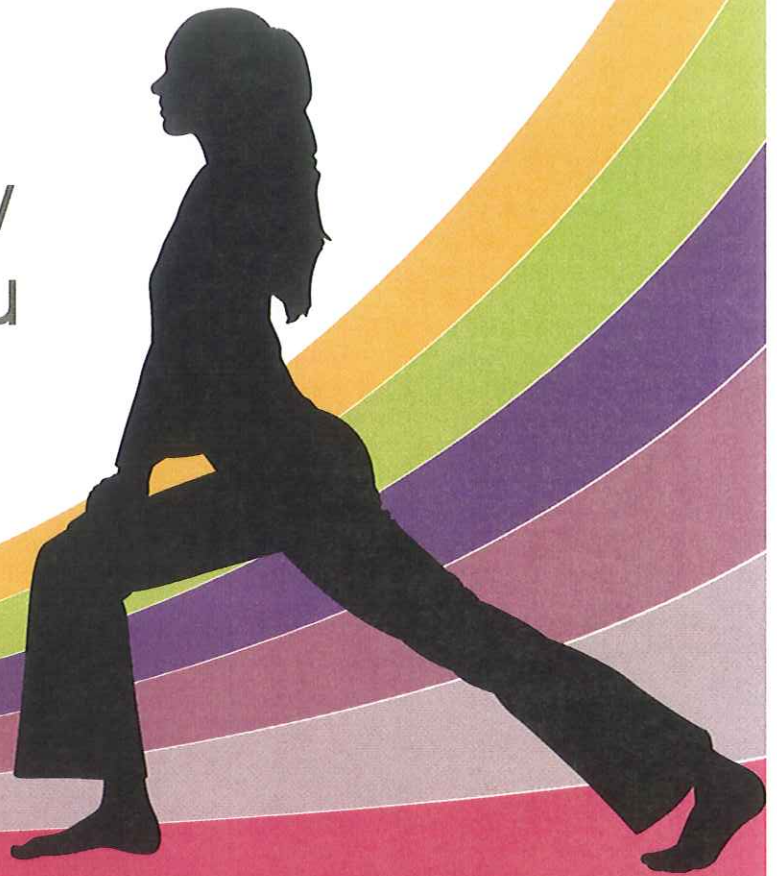


introducing a new and improved you



Personal Training

\$20/session

One on one training sessions targeting specific areas of the body; customized plans to fit your lifestyle. Good way to increase overall fitness, increase strength, manage stress, achieve desired weight, and improve health!

Buddy Training

\$10/person/session

Want the benefits of personal training at a more affordable rate? Grab a buddy! Same benefits, more cost effective. Groups up to four please.

Team Conditioning

\$120

Four week program with Katie to increase strength, flexibility, core stabilization, and endurance. Great for preseason practices! A customized plan will be given to your squad to continue to condition your athletes. I will attend monthly practice to evaluate progress and goals.

Bootcamp

\$50

Six week sessions twice a week for 15 minutes. Improve strength, endurance, and cardiovascular health in addition to burning fat.



TumbleX Fitness

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Katie Burkhead is a Certified NETA Personal Trainer. She is currently studying Health and Exercise Science at USF and is certified in ZUMBA (Basic 1 & 2), USASF Levels 1,2,3,4, and CPR.