

Personalized Training Co.

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 Personal Trainer, Fitness Consultant
 (314) 650-3571



- Personalized Training
- Stability Ball
- Strength Training
- Yoga
- Pilates
- Kids-Fit
- Athletic-Fit
- Pre/Post Natal
- Post Rehab
- Functional Fitness
- Home Training
- Corporate Training
- Educational Training Seminars

Client Daily Notes:

Eating/Diet:/Water In-take:

- Great
- Good
- Bad
- Ugly

Activity:

- Cardio
- Strength Training
- Flexibility
- Activity
- Rest

Goal for the Month:

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www. PersonalizedTrainingCompany.com



April 2009



SUN	MON	TUE	WED	THU	FRI	SAT
			1 at St Lucas	2	3	4
				No Restorative Yoga Class—Easter Break	Kirkwood YMCA 10:15am Pilates Class 6/6	South City YMCA 6/6 9 am WOW 1v: 1-2 10am WOW 1v: 3-4
5 at St Lucas	6	7	8 at St Lucas	9	10	11
				No Restorative Yoga Class—Easter Break		No Class
12 at St Lucas	13	14	15 at St Lucas	16	17	18
				Restorative Yoga 6:30pm at St Philips 1/7 Full Body	Kirkwood YMCA 10:15am Pilates Class 1/6	South City YMCA 1/6 9 am WOW 1v: 1-2 10am WOW 1v: 3-4
19 at St Lucas	20	21	22 at St Lucas	23	24	25
				Restorative Yoga 6:30pm at St Philips 2/7 Upper Body	Kirkwood YMCA 10:15am Pilates Class 2/6	South City YMCA 2/6 9 am WOW 1v: 1-2 10am WOW 1v: 3-4
26 at St Lucas	27	28	29 at St Lucas	30	1	2
				Restorative Yoga 6:30pm at St Philips 3/7 Lower Body	Kirkwood YMCA 10:15am Pilates Class 3/6	South City YMCA 3/6 9 am WOW 1v: 1-2 10am WOW 1v: 3-4