



SHERYL SCHLUETER
CERTIFIED PERSONAL TRAINER
810-599-7059

CERTIFICATONS:

American Council on Exercise (ACE)

*Certified Personal Trainer

*Cerfited Group Fitness Instructor

Programs:

Strength Training

Cardiovascular Fitness

Pre- and Post-Natal Exercise

Nutrition Counseling

Flexibility

Sports-Specific Training

Couples and Group Training

PERSONAL ACHEIVEMENTS:

Qualified For 2010 BOSTON MARATHON

2009 Detroit Marathon Finisher

2009 Bayshore Marathon Finisher

2009 Martian Marathon Finisher

2008 Climb Detroit—First Place Overall Female

2008 Detroit Marathon Finisher

2007 Detroit Marathon Finisher

2007 Bayshore Marathon Finisher

2006 Detroit Marathon Finisher

2005 Detroit Marathon Finisher

APPOINTMENTS AVAILABLE:

Monday: 5:00 am thru 6:00 pm

Tuesday—Friday 5:00 am thru 2:00 pm

Saturday: 8:00 am thru 12:00 Noon

PRICE LIST: (All sessions are 60 minutes)

Fitness Assessment::\$35.00

Personal Training Session\$35.00

2-Person Group Training \$17.50

3-Person Group Training \$12.00

(Group training prices are per person based on 2-3 sessions per week for one month.)