

HEALTHY LIVING

Hamburg Fitness Center



Carl G. Gunderson
SIMPLY HOLISTIC
FITNESS and
LIVING HEALTHY & FIT

ACE-Certified
Personal Trainer

YogaFit Certified
Instructor

Michigan State Graduate

Eagle Scout

Simply Holistic Fitness, LLC. “All Things Are Possible”

Welcome, my name is Carl Gunderson, and it would be my honor and privilege to be your Personal Trainer . All things are possible in health, happiness & wellness when we believe in the power of our intentions.

As a holistic personal trainer, I work with my clients to develop a strong center of self with greater balance in their physical, spiritual and emotional energy centers.

The Universal Law states that we attract what we project. What are you projecting? Is it strength, honor, integrity? Or how about health, happiness and wellness? If not, let's get you back on track to Healthy Living.

This is your LIFE. As human beings we were CREATED to be healthy, happy and well. As an ACE-Certified Personal Trainer and YogaFit Certified Instructor I specialize in :

- Strength & Core Training
- Cardio Conditioning
- Musculoskeletal Flexibility
- Hatha Yoga
- Nutritional Counseling
- Wellness Education
- Meditation
- Balance & Coordination
- Mindful Living
- Chakra Energy Centers

I am available for both private, semi-private and group fitness training . No equipment? No problem. I bring everything necessary to give you a safe, fun and effective training session. I train clients at their home, place of business or gym. Do you like indoor/outdoor group training? If so, be sure to check out Living Healthy & Fit, LLP.

Consultations are free, so let's talk about your fitness goals for the New You. Summer is here :-)

All things are possible. Believe in the power of you, always. Namaste.

Carl G. Gunderson
SIMPLY HOLISTIC FITNESS
PFT, Yoga, Group Fitness
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