

Personal Training Opportunities

Hello everyone! My name is Anthony Sokolowski and I'm proud to announce my partnership with the PAC. I'm a Certified Personal Trainer through the National Academy of Sports Medicine as well as a strength/conditioning coach. I work with people of all ages and backgrounds. Whether you're new to fitness or a seasoned athlete, my strength training programs are designed to help you achieve your fitness goals efficiently and effectively.

Main Focuses

- * Strength
- * Confidence
- * Balance
- * Coordination

As an individual, you are absolutely able to transform your life through strength training. I believe that strength is the foundation of a healthy and active lifestyle. My goal is to inspire and support you on your journey to becoming a healthier you.

Services

One-on-One Full Body Workouts

- * Duration: 30 minutes
- * Description: Personalized and every workout is tracked.
- * Rates: 2x per week 199.00/mo.
3x per week 249.00/mo.

Group Strength Training Sessions

- * Duration: 45 minutes
- * Description: Energizing group sessions that combine the benefits of community support with professional guidance. Ideal for those who thrive in a motivating, social environment.
- * Rates: \$20.00/class OR \$175.00/month (attend as many classes as you want)
- * Dates and Times: Mon/Wed/Fri - 7am and 6pm

Special Offer

First Workout FREE!

Take advantage of the special offer and experience your first workout FREE! Discover the benefits of strength training and start your health journey today.

Contact me directly to get started or with questions:

Anthony Sokolowski

C: 440-478-8508

