

PERSONAL TRAINING

100% Focused on Your Needs & Goals



- *Private Sessions*
- *Customized Workouts*
- *Strategic Progression*
- *Trackable Results / Safety Minded*
- *Commercial Grade Equipment*
- *Affordable Cost*

Learn Different Workouts Change Body Composition
Improve Lifting Forms Custom Circuits
Improve Balance & Avoid Injury

Derrick Cook NASM Certified CPT

(719) 459-1180

derrickcook@mac.com (Call, Text or Email)
(References Available) (Mon - Sat with Flexible Times)

I am located in the Monument/Woodmoor area just North of the 105/exit 161. My address will be provided with appointment.

ABOUT ME: Professionally Classroom & Gym Educated. NASM Certified & Insured. 30+ years working with professional trainers. Married 29 years, adult children & two friendly dogs. Active in my community.

FREE

60 MINUTE WORKOUT

Come See if this is a Good Fit for You.

This is a **SPECIAL OFFER** to introduce my business to new clients. Please mention this coupon. Expires 5/15/24