



PERSONAL TRAINING

100% Focused on Your Needs & Goals




I've seen great improvement in my balance, posture & strength. I'm now starting on beginner strength training and I'm loving it! ~ **Karli P.** (Woodmoor)



I workout 3 days a week with Derrick. He keeps me motivated & creates challenge in my routines. ~ **Lenore R.** (Black Forest)

Stay Strong, Flexible & Balanced

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

- ~ Keep Up with the Grand kids
- ~ Learn Different Workouts
- ~ Perfect Your Lifting Forms
- ~ Have Fun with Custom Circuits
- ~ Change Body Composition
- ~ Feel Confident at the Gym
- ~ Improve Balance & Avoid Injury

FREE

60 MINUTE WORKOUT SESSION

*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 7/15/24

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.
