

**ISSA
NUTRITIONIST**
(NUTRITION COACHING)



**ACE CERTIFIED
PERSONAL TRAINER**

**Hi,
I'm Mandy**
PERSONAL TRAINER

I have taken a leap into Personal Training for the second half of my life. My interest in training comes from a desire to create an inclusive and positive experience with exercise. I meet clients where they are and develop an exercise plan based on current fitness levels and goals. Let's define what fitness means to you by working on small goals to create huge victories.

Message me with any questions and to book a free consultation.

AREAS OF INTEREST



Bootcamp



Strength Training



Mobility



Endurance



Resistance Training

PERSONAL TRAINING PACKAGES

Please email Demandfit@outlook.com
or call **780-238-9074** for more information
on client packages and pricing.

IG [@demand.fit](https://www.instagram.com/demand.fit)

Message me to find out about packages Partner Training available and encouraged.
Bring a friend or Spouse and split the cost of training.