

Crater Fitness DECORAH, IA

with Jennifer Mikkelson A.C.E. cert personal trainer



Healthy Beginnings

Full-Body strengthening with emphasis on core muscles

Mondays ~ 4:15-5:00 pm **AND** Thursdays ~ 4:15-5:00 pm

Begins Sept. 18 - Nov. 9, 2023 8 weeks

\$104 for one day per week or \$208 for both Mondays AND Thursdays (payment with check or cash)

Pre-Register: jennifermikkelson70@gmail.com or call/text 563-419-7018

Have you made the decision to begin or get back to an exercise routine BUT movement has become difficult for you? No-need to throw in the towel! Let's get going! Fundamental movements for strengthening your shoulders, abdominals, back, legs and arm muscles. Start NOW, it is a great time to begin with other newbie athletes. Contact me with your questions. ~ Jennifer Mikkelson A.C.E. cert. Personal Trainer & owner

Crater Fitness with Jennifer Mikkelson

1816 State Hwy 9 Decorah, IA 52101

563-419-7018 email: jennifermikkelson70@gmail.com

Website: craterfitness.com

