

TOTAL BODY TRAINING

CATHERINE MARTINEZ

*Certified Personal Trainer



*Offering a wide variety of
exercise programs, including...*



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WEIGHT MANAGEMENT & BODY SCULPTING PROGRAMS

INDIVIDUALIZED NUTRITIONAL PROGRAMS

CHRONIC BACK PAIN MANAGEMENT

SUPPLEMENT RECOMMENDATIONS

PROGRAMS FOR SENIOR CITIZENS,

***INCLUDING CARDIAC CONDITIONING**

SPORT SPECIFIC TRAINING - AGES 12 & UP

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