



Personal Training @ Steelwood

*PERSONAL FITNESS TRAINING AVAILABLE
FOR MEMBERS AT THE FITNESS CENTER
OR AT THEIR HOME GYM*

Strength Training + Cardiovascular Exercise
Work with Rick Razzano at your fitness level to reach your specific goals including strength, weight loss, flexibility, balance, and improved overall health.

Golfers, remember that increased balance and flexibility helps you hit the ball farther. Rick focuses on both strength training and cardio in each workout. This is the most efficient way to burn fat, promote weight loss and build lean muscle. His motto is "extend your expiration date" because exercise has been proven to help prevent health problems and disease and it's great to be part of the solution.

Training rates vary depending upon package. Contact Rick Razzano at 251.895.8790 or at rickrazzano@hotmail.com for rates and additional information.