

# **PERSONAL TRAINING with KT**

## **Monthly Update**

Your PT with KT supplement between newsletters! Read about upcoming events, new services, and class schedules. Next newsletter to come in May.

### **“The First Step”**

A six-week program for new moms!



Designed to zap those post-pregnancy pounds, The First Step empowers women to regain their figures and confidence! With twice weekly sessions over six weeks, Katie will help you establish and satisfy your goals through nutritional and fitness training.

The package includes:

Body measurements, body fat percentage, blood pressure check, waist-to-hip ratio, body mass index, and cardiovascular test;

Two training sessions per week for six weeks (12 sessions), a nutrition consult, and a fitness and nutrition log book; and

Most importantly, goals and guidance as you juggle a healthy lifestyle with the demands and joys of motherhood!

### **Personal Training with KT softball team!**

I couldn't resist the opportunity to support my friends on the field this year! The team plays Mondays at McQuillan Fields off Marion Road in Rochester starting the end of April. Game times vary.



**Come join the fun!**

### **Become a fan of PT with KT on Facebook!**

One more way to support PT with KT, as well as stay updated on new programs, classes, and schedules!

**See the attached page for April's class schedule**