

NO MORE EXCUSE !

IT IS TIME TO GET BACK INTO SHAPE

With your **C**ertified **P**ersonal **F**itness **T**rainer

Kateryna Fuetterer

*Master of Science in Physical Education,
Sports and Sports Medicine*

Are you looking for :

- a personalized workout that will be challenging and time efficient, based on your fitness level and goals, and provide you with the results you are looking for?
- someone who can provide you with health and fitness information, motivate you, help you to maintain long-term results, better self-confidence and healthier lifestyle.

*Look no further than “One-on-One”
Personal Training Package*

Number of Sessions	Soldier	Family Members/ Civilians
1 Session	\$ 40	\$ 45
3 Sessions	\$110	\$120
6 Sessions	\$215	\$220
12 Sessions	\$415	\$425

"Prices listed above are per individual"

Sessions are for a period of sixty (60) minutes in length.

Appointments are available in Grafenwoehr Main Post, Physical Fitness Center, Bldg. 170 (Monday - Sunday).

For more information, call
DSN: 475-9007, CIV: 0964-183-
9007 or Cell: 01577-4689767



USAG Grafenwoehr Sports & Fitness



Kateryna's Services

- **Weight Loss** Programs
- **Individualized Nutrition** Plans
- **Cardiovascular** Conditioning
- **Muscle Tone**
- **Power Lifting**
- **Supplements Information**
- **Functional Strength Training**
- **Athletic Performance and Sport Specific Conditioning**
 - Train like an elite athlete
 - Learn Proper **Form & Technique**
 - **MAX YOUR APFT**
 - **Improve:** Your **Running** Performance, **Stamina**, **Endurance**, **Speed**, **Agility** and **Flexibility**
- **Back Pain and Injury Prevention**
- **Muscle Imbalance Correction** and **Joint Stabilization**
- **Disease Prevention** (Cardiovascular, Osteoporosis, Diabetes est.)
- **Fitness Assessments**
 - Body Composition analysis
 - Cardiovascular and Muscular endurance analysis
 - Strength and Flexibility tests
 - Functional Movement Screening
 - Biological Age Test



USAG Grafenwoehr Sports & Fitness

“One on one” Personal Trainer Services

Kateryna Fuetterer

Certified Personal Fitness Trainer



Education:

Master of Science in Physical Education, Sports and Sports Medicine
Science Thesis focused on Prevention and Treatment for Spine Diseases

Professional Experience:

Fitness Trainer

Physical Education Teacher at Secondary School

Sports Trainer and PE Teacher at Dnepropetrovsk National University

Physical Therapist/Instructor for Sports Medicine at Rehabilitation Center

Conditioning coach for Free-style wrestlers

Possess extensive knowledge and strong understanding of the functions and vital processes of the human body to effectively develop and design physical fitness training programs. Ability to motivate and lead others for improving their potential.

Enthusiasm and experience to keep your workout fresh and interesting.