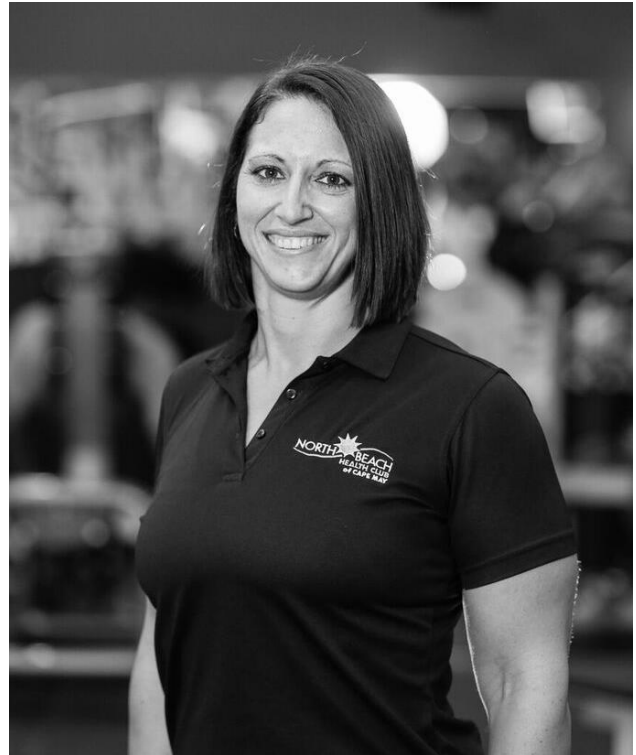


RUTH BRANT

CERTIFICATIONS

- **AAAI / ISMA Certified Personal Fitness Trainer**
- **AAAI / ISMA Certified Master Personal Fitness Trainer**
- **AAAI / ISMA Sports and Nutrition Certification**
- **AAAI / ISMA Strength and Weight Training Certification**
- **CPR & AED Certified**



BACKGROUND

I have a passion for fitness, but I'm also realistic. Though I have lost a total of 117lbs, I know that it doesn't happen overnight. This is a journey. No matter what your fitness level, I can help you with whatever your goals are; let's do it together.

CONTACT:

Contact Ruth at (609) 889-2173

1 Session \$60 3 Sessions \$165 5 Sessions \$265

10 Sessions \$500

All Sessions Are Prepaid - 24hr. Cancellation Notice Per Session

NORTH BEACH HEALTH CLUB OF CAPE MAY