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→ **FRUITLAND PERSONAL TRAINER**

# BEKAH BELL



BEKAH, IS A NASM CERTIFIED PERSONAL TRAINER AT OUR FRUITLAND LOCATION. SHE HAS TRAINED EVERYONE FROM EARLY TEENS TO NINETIES! FITNESS IS MORE THAN JUST LIFTING WEIGHTS & WHAT YOU SEE ON A SCALE. BEKAH'S APPROACH TO FITNESS DOES NOT FIT IN A "ONE SIZE FITS MOST" BOX. SHE STARTS FROM THE INSIDE OUT, TO HELP YOU LEARN HOW TO FUEL YOUR BODY & MIND TO HELP YOU GAIN MORE CONFIDENCE & REACH YOUR GOALS. SHE WILL BE YOUR BIGGEST CHEERLEADER & WILL CELEBRATE ALL YOUR VICTORIES ALONG THE WAY, ESPECIALLY NON-SCALE VICTORIES! BEKAH SPECIALIZES IN MOBILITY, RESISTANCE TRAINING, WEIGHT LOSS, BUILDING MUSCLE, & BUILDING A POSITIVE SELF-IMAGE!

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# JEFF JACKSON



JEFF IS A UNITED STATES MARINE, FORMER PROFESSIONAL BOXER & CERTIFIED PERSONAL TRAINER WITH THE NATIONAL ACADEMY OF SPORTS MEDICINE. SUB CERTIFIED AS A NUTRITION COACH, CORRECTIVE EXERCISE SPECIALIST, BODYBUILDING, & PHYSIQUE COACH, GROUP FITNESS TRAINER & MMA CONDITIONING SPECIALIST. JEFF IS BLS/ACLS CERTIFIED. JEFF GRADUATED WITH HIS B.S IN BIOLOGY FROM BOISE STATE UNIVERSITY & HAS SPENT MUCH OF HIS LIFE WORKING IN THE FIELD OF MEDICINE.

AS A TRAINER, JEFF HAS WORKED WITH ALL AGE GROUPS AND HAS WORKED WITH THE ONTARIO MARINE CORPS RECRUITERS IN PREPARING YOUNG MEN & WOMEN TO SURVIVE BOOT CAMP & SERVE THEIR COUNTRY. HE WORKS WITH CHRONIC MEDICAL CONDITIONS UNDER ADVISEMENT OF THE PHYSICIAN TO IMPROVE HEALTH, ACHIEVE WEIGHT LOSS & MANAGE HEALTH SAFELY & EFFECTIVELY.

→ **ONTARIO PERSONAL TRAINER**

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# Personal Training Packages

**1 session**

**\$60**

Expires: 6months

**5 Sessions**

**\$275**

Expires: 6months

**10 sessions**

**\$500**

Expires: 6months

Personal training is a **dynamic and personalized fitness experience** designed to meet individual goals and needs. In a typical session, a personal trainer crafts a **tailored workout plan**, blending elements of strength training, cardiovascular exercises, and flexibility routines to optimize results. The environment is often **highly motivating**, with the trainer providing encouragement, guidance, and feedback throughout each exercise.

**Discipline equals freedom:** personal training instills the discipline necessary for lasting change and **empowers individuals** to take control of their fitness journeys. This approach goes beyond just physical workouts; it also includes **educating clients** on proper form, nutrition, and lifestyle changes to foster overall well-being. The relationship between client and trainer is built on **trust and communication**, ensuring that each session is engaging, challenging, and supportive, ultimately empowering individuals to **achieve their fitness aspirations.**