

# Personal Training Spotlight:

Jerry Albritton

**“Personal Training helped me lose weight faster.”**

I decided to purchase 3 personal training sessions the day I joined because I knew I needed help getting started. Having a personal trainer has helped me stay motivated, especially in the beginning when it's the hardest. I am more likely to workout because we have an appointment to do so.

My personal trainer advised me on the right way to begin my program. I know that with Deanna, no time will be wasted and I am less likely to get hurt. I just finished my ninth session and I'm already seeing results through weight loss and I'm feeling so much better!

**Ask us how YOU can get better results in less time.**



