

A stylized graphic of the American flag, featuring a blue field with white stars in the upper left and red and white stripes in the lower right, set against a white background.

GET HEALTHY, AMERICA!

**Stephen Connally,
Certified Personal Trainer**

Aerobics & Fitness Association of America

- 15 years experience
- Multiple awards in bodybuilding
- Coaching for fitness, weight loss, bodybuilding
- Inspiring you toward your fitness goals

Why Hire a Personal Trainer?

- Sports enhancement
- Keeps you accountable
- Workout safely and effectively
- Gain strength and muscle tone
- Improve overall life wellness
- Lose weight & inches
- Reduce stress
- Stay motivated

To schedule an appointment call, 512-670-0784.