



\$75 / 45 Minute Session (Can share with a friend and share the cost)

Functional Fitness for those of us who want to age with strength and grace is vital.

Sharon has a unique ability to tap into each individual's ability and gently challenge and intuitively direct the personal training session.

We can be strong at any age. Sharon uses her years of fitness experience, her training in TRX and Group Training Fitness to customize a workout that will set you on a path to maximizing your abilities.

Being strong can help prevent injury Building muscle mass can boost metabolism, reduce risk, help reverse osteoporosis, and support mental resilience.

The individualized attention will help you capitalize on your time and let us address your particular fitness and strengthening needs.

There are various fitness tools used including, kettle weights, TRX, Bands and Free weights.

As a Certified Herbalist and Certified Nutrition and Wellness Consultant, Sharon can offer additional tips to help you achieve your health goals.

Her wit will keep it fun. Laughter is good medicine. No matter your fitness ability now, you can start and build!