

**CENTER FOR HEALTH ENHANCEMENT
4200 WORNALL RD. KC. MO. 816.932.3260**

PERSONAL TRAINING

**WEIGHT LOSS . ENDURANCE . STRENGTH . MOTIVATION . POSTURAL ANALYSIS
RESULTS . INDIVIDUAL ATTENTION . PERSONALIZATION . ACCOUNTABILITY**



SAMANTHA PERKINS, NASM

BS IN COMMUNITY HEALTH FROM KU

816.726.9421

TRAININGDAY.KANSASCITY@YAHOO.COM

SAMANTHA HAS SEVERAL YEARS EXPERIENCE AS A PERSONAL TRAINER. SHE IS A CERTIFIED PERSONAL TRAINER WITH THE NATIONAL ACADEMY OF SPORTS MEDICINE. SHE IS A CORRECTIVE EXERCISE SPECIALIST & PERFORMANCE ENHANCEMENT SPECIALIST. SHE IS ALSO CERTIFIED THROUGH THE INTERNATIONAL SPORTS SCIENCE ASSOCIATION AND IS CPR CERTIFIED. SHE HAS HELPED MANY CLIENTS REACH THEIR GOALS.

STEPHANIE PROVANCE ACSM, NCSA, ACE

BS IN EXERCISE SCIENCE FROM TRUMAN

815.483.4888

SPROV324@SBCGLOBAL.NET

STEPHANIE HAS SEVERAL YEARS EXPERIENCE IN PERSONAL TRAINING. SHE IS A CERTIFIED PERSONAL TRAINER WITH THE AMERICAN COLLEGE OF SPORTS MEDICINE, NATIONAL STRENGTH & CONDITIONING ASSOCIATION AND AMERICAN COUNCIL ON EXERCISE. SHE IS CURRENTLY EARNING HER DOCTORATE IN PHYSICAL THERAPY AND IS CPR CERTIFIED. SHE IS PASSIONATE ABOUT EDUCATING CLIENTS TO HELP THEM LIVE HEALTHIER LIVES.

CONTACT A TRAINER TO SET UP AN APPOINTMENT TODAY.