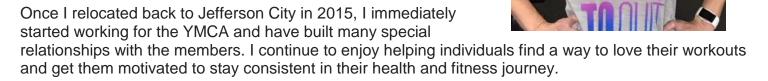
Leslie Bryant

I am a native to Jefferson City and a Jefferson City High School graduate. After graduating high school

I moved to Florida and earned my degree from USF. I have been working in the health and fitness industry for 30 + years, earning numerous certifications along the way.

I have always had a love for fitness starting as a competitive gymnast when I was younger, to cheerleading and dance into my adult years for the arena football league in Florida.

I eventually took my love for fitness and made a career out of it in several capacities including as a personal trainer, group fitness instructor and Group Fitness Director for Gold's Gym for over 10 years. Working in these different capacities has helped me realize what clients are looking for and to better understand how they can reach their goals as individuals since fitness is not a one-size-fits-all.



CERTIFICATIONS: AFAA Personal Trainer, AFAA Group Exercise, Shine Dance Fitness, High Fitness, Barre, Silver Sneakers, Pound

YEARS/HOURS OF EXPERIENCE: 30 years in the fitness industry!

AVAILABILITY: Monday-Friday mornings between 8-11a.m. Some Thursday evenings

CONTACT:

•Email: nolimitsftnss@gmail.com

•Phone: 941-527-2097

SESSION COST & DURATION OPTIONS:

| SESSION COST | DURATION | NUMBER OF SESSIONS |
|---------------|--------------------|--------------------|
| \$35/Session | 30 minutes | 1-7 |
| \$30/session | 30 minutes | 8+ |
| \$50/session | 45 minutes | 1-7 |
| \$45/session | 45 minutes | 8+ |
| \$100/package | 30 minutes/session | 4 Total |
| | | |
| | | |

For more information, contact Quinton Sallin, YMCA Wellness Director, at qsallin@jcymca.org or 5737613225.