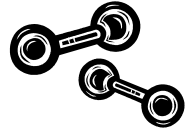


# “Energy and Persistence conquer all things”

~ Ben Franklin



## Rita



**Experience:** Twenty two years Personal Training  
Eighteen years with Phoenix Fitness  
Twenty four years in the Fitness Industry

**Areas of Expertise:** Enhanced Running Performance  
Postural Training  
Permanent Fat Loss

**Certification:** Ace Certified Personal Trainer  
IDEA  
Yoga (Yoga Institute)  
Pilates (Stott)  
Spinning (Johnny G.)

**Training Characteristics:** Passion, Fun, Knowledge

*“Strength does not come from physical capacity. It comes from an indomitable will.” ~ Ghandi*

