



YOUR EXPERT PERSONAL TRAINER

»» Mack Bernard

- ✓ Gain muscle
- ✓ Weight training
- ✓ Resistance training
- ✓ Pre/postnatal exercise
- ✓ Online coaching
- ✓ Nutrition
- ✓ Weight loss & toning
- ✓ Sports conditioning



Our new trainer, Mack, is the owner of Bernard Fitness and has been training for 15 years. Mack has experience working with a variety of individuals and helping them reach their health and fitness goals. This includes (but is not limited to), the elderly, pregnant women, and women that are postpartum. His competitive bodybuilding background has shaped his versatile training program that focuses on resistance, attention to detail, and nutrition guidance.

Call or text: **567-454-2493** 📞
bernardfitnesslife@gmail.com ✉️



MEMBERSHIP REQUIRED