



Come sweat with us

Personal Training

Fitness Center at Dunwoody Baptist Church
1445 Mount Vernon Road
Dunwoody, GA 30338
770.280.1210
www.dbc.org/fitness



Spotlight

Are you a busy professional, stay-at-home parent, student or just an average Joe? It doesn't matter to us; we just want to help you feel good about yourself.

Whether you want to lose weight, build muscle or just get fit, hiring a personal trainer is a step in the right direction. We realize that everyone is different, so we will design a customized work-out program to meet your individual needs.

Whole Body Training

- Strength/Endurance Training
- Cardiovascular Conditioning
- Stretching/Flexibility/Balance
- Sports/Endurance Conditioning
- Muscle toning
- Weight Loss
- Specialty training: water, boxing, therapeutic

We've got the personal touch

Our trainers are not only focused on fitness but helping to decrease pain and stress. They promise to be your motivator, coach and friend.

We are blessed to have a team of certified fitness experts

Corianne Cowan	404.502.1702
Andre Dawkins	404.259.9417
Brant Evans	770.519.5318
Chris Holmes	404.210.6528
Cathy Marshall	404.819.8445
Maureen McCord	678.472.3782
Nicky Nixon	404.784.5403
Aida Torres	678.523.1086

Dollars and Sense

It only makes sense to spend so little and achieve so much.

\$40 per person shared session.

For one-on-one pricing, consult with personal trainer.

See, it doesn't cost a lot to achieve your fitness goals!

