

INTRODUCING YOUR PERSONAL TRAINER

FREYA AMES



ABOUT FREYA

Freya Specializes in Helping you Reach Goals

Freya's has passion for helping her clients optimize their health and achieve their fitness goals. She loves the challenge of training people with a variety of different goals and needs.

- ♥ 15 years of experience in the fitness industry
- ♥ Certified Can fit Pro Personal trainer



Functional Training



Programs for Seniors



Sports Specific



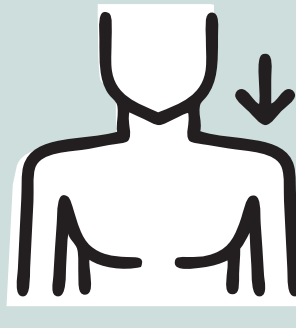
Core Training



Lower Back Problems



Shoulder Instability



TO BOOK AN APPOINTMENT PLEASE CALL OR EMAIL FREYA

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PEMBROKE
FITNESS
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