

# Samantha M Fenton

*Certified Personal Trainer*

“I first fell in love with lifting weights in high school but lost the passion after I graduated. I noticed I was always comparing myself and feeling down about how I looked so I decided to do something about it. Now I’m happy and healthy inside and out. I want to help as many people as possible be comfortable in the gym and make it sustainable!”

- Proper lifting techniques & Exercise selection for your goals
- How to build muscle and lose fat in the gym
- Nutrition guidance and help
- How to grow your glutes and lower body
- Find Sustainability and Confidence in health and wellness

Email or DM for a free consult!

- Hour session: \$35
- 3 sessions for \$100
- 4 sessions for \$125

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