

**A** new alternative to the pursuit of healthy living, Charlene Budney's Fitness Studio offers customized one-on-one personal training, innovative and fun aqua and cardio workouts and state-of-the-art fitness equipment and technology without the crowds, waiting or uncomfortable conditions of a traditional fitness center.

With 25 plus years of experience and knowledge in the fitness world, Charlene Budney is well positioned to offer personalized programs designed with your specific goals in mind.



CHARLENE BUDNEY'S  
FITNESS STUDIO

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# WELLNESS

for the rest of your  
*life*

## PERSONAL TRAINING

Charlene's fields of concentration include: weight loss, nutritional counseling, athletic training, adolescent conditioning, muscular skeleton rehabilitation, pre-natal and post-natal care, and special needs. Most importantly, Charlene has built a reputation for quality service delivered with care.

## CERTIFICATION

Charlene is an AFAA Gold Personal Training certificate holder, certified in Health Care Provider CPR and First Aid, lifetime IDEA member and active participant in annual fitness training and continuous education programs.

## EXPERIENCE

- 20 years aerobic and aqua instructor and coordinator
- 15 years of personal training
- 4 years of working with exercise physiologists in the research and development of wellness programs
- Competitive body building

## EQUIPMENT

- Commercial Elliptical Trainer, Treadmill and Recumbent Bike
- Smith Machine, Universal Weight Machine and Abdominal Bench
- Spinning Bikes
- Supreme Trap Pilates Trainer
- Total Gym Pro
- Stott Stability Chair
- Free and Olympic Weights
- REEBOK Core Trainer, Bosu, STEP, SLIDE, Tubing and Rubber Bands for Free Style Weight Training
- Seasonal Lap Pool and Year-Round Jacuzzi and Spa

## SERVICES

- Initial Consultation . . . . . FREE
- First Assessment - 2 Hours . . . . . \$90  
Measurements, body fat, nutritional and counseling and muscular skeleton
- Personal Training Sessions . . . . . \$60/hr.  
One-on-One Personal Training tailored to individual needs. Quality discounts & packages available. Call for details.
- Aqua & Water Rehab Classes . . . . . \$60/hr.
- Spinning & Circuit Combo . . . . . \$40/ses.  
60 Minute Session
- Pilates . . . . . \$60/hr.



**lifestyle**  
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*Understanding healthy living  
is a lifestyle commitment,  
I offer a wellness package for  
now and the rest of your life.*

