



Wellness Centers
Briggs (Downtown)

399 9th St. N
Naples, FL 34102

AQUATIC PERSONAL TRAINING

with Keishaun

**PERSONAL TRAINER
SHALLOW + DEEP
WATER SPECIALIST**

Bringing a unique twist to aging actively, programs can be customized for:

- General Fitness
- Senior Fitness
- Sports Performance
- Special Populations
- Pre/Post Surgery

In the water, we can work on range-of-motion, flexibility, and strength conditioning.



LEARN MORE
(239) 624-6884
MELISSA.WILSON
@NCHMD.ORG



\$85 Per Session

