THE PIETERS FAMILY *life center*

PERSONAL TRAINING

PERSONAL TRAINING WITH MEGAN

PERSONALIZED EXPERIENCE * INDIVIDUAL SUPPORT

MEGAN CORMACK
megan.cormack@heritagechristianservices.org
585-487-3567

$35 for 30 minutes
$50 for 60 minutes

The Pieters Family Life Center is excited to welcome National Academy of Sports Medicine certified personal trainer Megan Cormack to the team! Megan is currently accepting new clients.

Megan has 20+ years of experience supporting people in being physical active while working in gyms, physical therapy clinics, nursing homes, assisted and independent living facilities and, most recently, owning her own training facility.

Megan shares, "My biggest takeaway from my years of fitness experience is simply how you make someone feel. I always strive to put myself in someone else's position and begin to work together as a team. Everyone is unique and so are their goals. My job is to reinforce and celebrate small wins along the way in the long term effort to develop healthier habits for my clients.

BE WELL
BE YOU