

Personal Training by Danielle Ward



For a high-end boutique fitness experience, contact Danielle Ward! She has extensive experience in the luxury fitness market and can design a fitness program to one's specific goals and needs.

Qualifications:

- NASM (National Academy of Sports Medicine) Certified
- Performance Enhance Specialist
- FMS (Functional Movement Specialist) levels 1 and 2
 - Enhancing and optimizing quality of movement
- Strong First- kettle bell certification
- Sports Performance Specialist

Services:

Danielle provides in-home personal training, and also has access to multiple studio locations to suite her client's needs. No gym membership necessary!

Mission:

Empowering people to not only look and feel better, but also creating a stronger, happier, healthier human race.

Call Danielle for a free consultation!

Cell: 630-607-2155

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