

RAY COOK

PERSONAL TRAINER

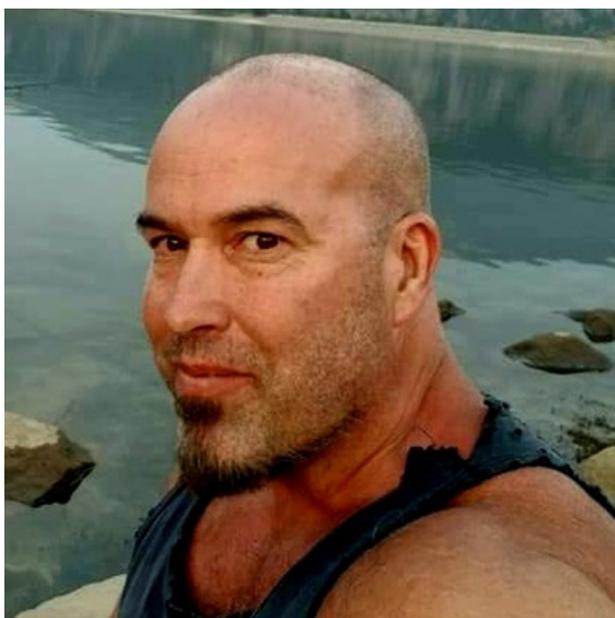
PRICING:

1- \$160

5- \$700 or \$140/visit

ABOUT ME

I have owned my own fitness company for over 30 years. I have a passion for helping people with my knowledge of exercise and diet. I love to design effective and motivational exercise programs for anyone with post rehab fitness, wanting to change the shape of their body or progress in their sport. I will combine cutting edge training principles with state of the art training equipment and technique. I will take you in your current condition and safely help you achieve your goals.



EXPERTISE

WEIGHT LOSS

SPORTS CONDITIONING

POST REHAB FITNESS

BODY BUILDING

PHYSICAL THERAPY AIDE

EXPERIENCE

**AMERICAN ACADEMY OF FITNESS
PROFESSIONALS**

**AMERICAN COUNCIL ON EXERCISE
PERSONAL TRAINER**

MEDICAL EXERCISE SPECIALIST

**NATIONAL FEDERATION OF PERSONAL
TRAINERS**

EMAIL

blkwolf@sopris.net

PHONE

970.309.2953

WEB

snowmassrecreation.com

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@Snowmassrec