

LISA O'NEIL

PERSONAL TRAINER

PRICING:

\$75-100/session

\$375/5 sessions

ABOUT ME

My story is one of personal transformation and passion that began after the birth of my twins and third child, where through dedication and hard work, I managed to lose 130lbs in 3 years.

Now, at 53, I am a Certified Health Coach and ISSA Certified Personal Trainer. I am committed to creating tailored, progressive fitness programs that empower and enable my clients to reach their unique goals and achieve a greater sense of self. Let's work together to unlock your potential and achieve your best self! I am thrilled to be part of your fitness journey at Snowmass Rec.

860.830.4869

AGENTOFCHANGE77@GMAIL.COM

EXPERTISE

WEIGHT LOSS

MOBILITY, STRENGTH & STABILITY

FUNCTIONAL FITNESS

EXPERIENCE

ISSA CERTIFIED PERSONAL TRAINER

CERTIFIED HEALTH COACH

FULLTIME LICENSED NURSE

