

# KATRIN LUYTEN

## PERSONAL TRAINER

### PRICING:

(1) Private \$140 (5) Private sessions \$650

(1) Semi-private \$200 (5) Semi-privates \$950

## ABOUT ME

I have been in the valley since 2015, and in my free time I enjoy biking, skiing, horseback riding, sailing, running and traveling. As a collegiate runner and with my 30 years of experience as a physical therapist, I realize how hard it can be to return to play after injury. Whether you are post rehab or just looking to improve your strength, balance and overall fitness, let me help you achieve your goals!



**239.821.3095**

**KATRINLUYTEN@MAC.COM**

## EXPERTISE

**POSTURE, BALANCE & AGILITY**

**CARDIOVASCULAR**

**RECONDITIONING**

**STRENGTH TRAINING**

**SPORTS CONDITIONING**

## EXPERIENCE

**DOCTOR IN PHYSICAL THERAPY**

**ACSM CERTIFIED PERSONAL TRAINER**



TOWN OF  
**SNOWMASS VILLAGE**

PARKS, RECREATION & TRAILS