

Fatima Valeras, CSCS



TRAINING SPECIALTIES

- Sports Specific and Post Rehab Programs
- Pre/Post Natal Health
- Workout Makeovers for Men & Women
- Small Client Volume

TRAINING MODALITIES

- Cross Discipline Approach
- Strength, Flexibility & Cardiovascular Training
- Select programs for weight loss/gain
- Pilates & Yoga

FITNESS PHILOSOPHY

"40% of my clients have had other trainers. Sometimes it's not about what you need—it's about getting more than you're used to."

QUALIFICATIONS

- ACE Certified
- ACSM Certified
- AFAA Certified
- NSCA Certified
- 15 Yrs Professional Exp.

TRAINING LOCATIONS

- LVAC Green Valley
- LVAC Southwest
- Other locations vary

Website - www.vegaspersonaltrainer.com
Email - fatima@vegaspersonaltrainer.com

CLIENT TESTIMONIALS



Leslie B.

- Lost 7" all-around
- Reduced body fat to 15%
- Made a decision to earn a better body and stuck with it.



Batis M.

- Gained 10" in mass
- Reduced resting heart rate by 10 beats & managed blood pressure
- Dedicates three 5am trainings per week—with out fail—to training for life