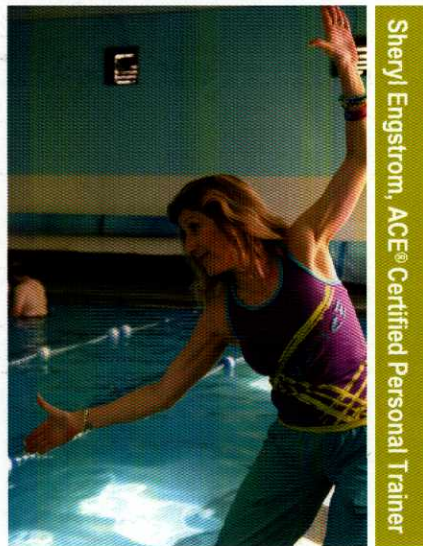
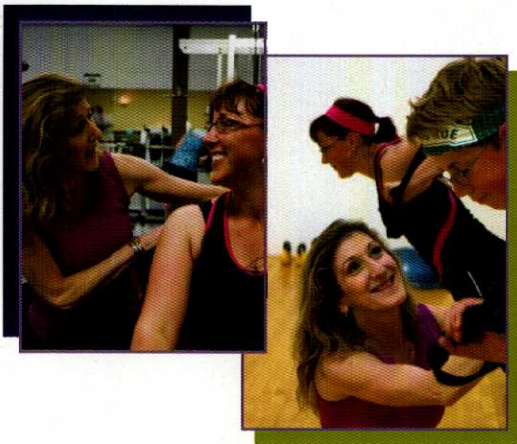


**Feel Your Best  
With The Best**

Sheryl Engstrom's dedication to her craft is based on a heart-centered approach to the health and wellness of her clients.

Her passion for people to live their best lives through the happiness of being well and healthy is the driving force behind her enthusiastic care.

This joy of assisting people spills over into her expertise providing an environment that is actionable, fun, and productive.



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425-244-7231**

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**Stillaguamish Athletic Club  
4417-172nd Ave NE  
Arlington, WA 98223**

**Personal  
Training**

**S.E.E.  
RESULTS**

**Sheryl Engstrom  
ACE® Certified  
Personal Trainer**

**Phone: 425.244.7231**





# Healthy, Fit, and Happy

**S.E.E. RESULTS Personal Training** was founded in 1991 by Sheryl Engstrom to educate and motivate people to healthier, happier lives.

Highly knowledgeable, experienced, and certified in multiple approaches, Sheryl enthusiastically helps her clients to develop programs designed to specifically meet their needs by offering a wealth of effective methods to reach their goals.

Her teaching is delivered in a caring, lively, and supportive fashion to enable clients to **S.E.E. RESULTS** quickly. This focus creates an enticing environment that turns exercise into a fun activity that is gladly repeated, leading to long lasting accomplishment.

## The **S.E.E. RESULTS** System

Your individualized wellness program begins at your very first session with Sheryl Engstrom where your unique needs and wants are discussed. During this discussion Sheryl listens intently to your needs and expertly designs a health and wellness plan that is targeted to your fitness objectives. With a blueprint and schedule in place, Sheryl guides you through the building of healthy habits and fitness at each session enabling you to fulfill your well-being desires and **S.E.E. RESULTS**.



**ACE® Certified Personal Trainer:**  
**ACE® Certified Group Fitness Instructor:**

- ◆ Injury Prevention and Rehabilitation
- ◆ Weight Loss
- ◆ Weight Training
- ◆ Pilates
- ◆ Water Aerobics
- ◆ ZUMBA®
- ◆ And more!

**Focus Areas:**

- ◆ Small Groups
- ◆ Customized Programs
- ◆ All Ages
- ◆ Motivational Speaking
- ◆ In Home Training Available

## Personal Training Rates

<b>1 Hour</b>	<b>\$49.95</b>
<b>3 Hours</b>	<b>\$129.95</b>
<b>6 Hours</b>	<b>\$249.95</b>
<b>9 Hours</b>	<b>\$379.00</b>
<b>12 Hours</b>	<b>\$479.00</b> <b>*BEST VALUE</b>
<b>Group Rates Available</b>	

