

Groveport Parks & Recreation Department

PERSONAL TRAINER AMY KEENAN



Amy's Contact Information

Phone: (614)759-9022 Ext. 1

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Amy Keenan's Biography

- ACE Certified Clinical Exercise Specialist
- ACE Certified Personal Trainer
- ACE Certified Lifestyle & Weight Management Consultant
- INBF Amateur Athlete Bodybuilder
- PFC Certified Group Fitness Instructor

HOW IT WORKS

Do you need individualized attention to help reach your fitness goals?... Or just some help getting started?

- Become a member of the Village of Groveport's Recreation Center-Personal Trainer services are only available to members!
 - Contact of one of our sanctioned certified Personal Trainers on your own.
 - Tell him/her what your fitness goals are.
 - Agree to the terms of a contract.
 - Pay the personal trainer directly.
- Enjoy reaching your fitness goals!



**PARKS & RECREATION...
THE BENEFITS ARE ENDLESS!**

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