

PR Custom Fitness & Training

Pattie Routledge, PTS & Yoga Certified
99 - 8th Street Hamiota, MB ROM 0T0
(204) 764-0208 prcft@mts.net



- Personal Trainer Specialist
 - *individual & 2-3 person training*
 - *customized programs & nutrition counseling*
- Group Fitness Leader
 - *specializing in Resistance, Bootcamp, Circuit Training & Zumba*
- Yoga Certified
- Bender Ball & Healthy Back Certified
- *COMING SOON! – TRX training, Boxing & MMA conditioning*