



Victoria Clarke

Certified Fitness Coach & ISSA Nutritionist

I've been an athlete all my life. Although I don't compete much anymore I still consider myself an athlete - as should everyone in my opinion. We're all athletes in this sport called life.

I love coaching because it's something very special about helping people reach their fullest potential. When you become stronger physically you transform your mind in the process. This mindset shift is where true change and growth happens - not only in the gym, but in life too. It is truly an honor to help people discover this through fitness and I absolutely can't wait to help you discover it too!

TO GET STARTED APPLY ONLINE AT: www.thegymport.com

TRAINING PACKAGE

- ✓ Personalized Workout Program
- ✓ Goal-setting & monitoring
- ✓ Nutrition Guidance
- ✓ Strength Training
- ✓ At Home Cardio & Mobility
- ✓ 1-on-1 Private Coaching

CONTACT

Please feel free to contact me for any concerns or questions.

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🌐 www.thegymport.com

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 **\$600**
Monthly Investment

 **3 month**
minimum commitment

 **36**
private sessions

 **60 min**
workout sessions