



ACHIEVE FITNESS STUDIO – PERSONAL TRAINERS



Lisa DeSico-Boyd

Owner & CPT

Specializations: Strength Training, Mental Health, Weight loss, Build Muscle, Active Older Adult Training and Stretching

Being in the fitness business over 20 years, Lisa has trained with clients of all fitness levels. Lisa focuses on you becoming the best version of yourself. Her style is all about motivating, breaking barriers and feeling empowered. When you train with Lisa you can expect to be challenged mentally and physically to become a stronger, healthier you.



Lori Uldricks

Certified Personal Trainer

Specializations: Strength Training, Mental Health, Weight Loss and Stretching

Lori's passion is training others and helping them reach their goals. Lori loves teaching new exercises to people utilizing proper form while pushing them to their limits. Working out prepares you for a better life and better physique, and Lori believes you should have fun while progressing to the best version of yourself.



Sam Roberts

Certified Personal Trainer

Specializations: HIIT Training, Sport Specific, Speed & Agility, weight loss and stretching

Sam played Fast-Pitch softball as a catcher for travel ball, high school and college. A decorated athlete in her sport, Sam knows what it takes if you want to be number one. Sam has trained with clients of all fitness levels from beginners to athletes.

Our focus is creating stronger, healthier versions of our clients, through fitness. We believe that gaining self-confidence and overall happiness is the starting point of getting comfortable in your body, no matter what shape or size.

Call today to schedule your complimentary consultation appointment

lisa@achievefitstudios.com

216-465-9335

www.achievefitstudios.com

**Christine Frey
NASM Certified Personal Trainer
Health and Wellness Coach
Certified in Plant Based Nutrition**



**Frey Fitness, Inc.
Personal Fitness Training
Health and Wellness Coaching
440.227.7782
freys3@yahoo.com**

Training & coaching sessions tailored to meet individual health and fitness goals, offering convenient, effective and professional program design.

- Valuable, effective and time efficient workouts ~ sessions for both individuals and groups ~ flexible scheduling
- Offering suggestions and solutions for an individualized health and wellness plan, focusing on whole food nutrition, plant based eating, stress reduction, and movement.

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Christine Frey, Owner
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