



ABOUT OUR TRAINERS:

MARK WYSE

- BPE – University of Calgary – Canada
- BEd. – University of Calgary – Canada
- High School Strength and Conditioning Coach (10 years experience)
- High School Football Coach – 2000à2010 (Linebackers/Defensive Coordinator/Head Coach)
- High School Teacher – Physical Education (10/20/30), Sports Medicine (15/25/35), Sports Performance (15/25/35)
- ZUMBA – Certified Instructor - “Latin Dance Fitness”

JODY VINJE

- BCRPA – Personal Training Certificate
- BCRPA – Group Fitness Certificate
- Yoga – Certified Instructor – Prana School – Vancouver, BC
- Massage – Aromatherapy/Shiatsu – Vancouver, BC
- Main Dance – Professional Dance Training – Vancouver, BC
- “NIA” Dance Instructor – Creative Dance Fitness
- ZUMBA – Certified Instructor - “Latin Dance Fitness”
- Pilates – Level 1



VIVA-FITNESS PERSONAL TRAINING

VIVA-FITNESS

PERSONAL TRAINING

Begin your journey to enhanced health and wellness with us today- We deliver results!



Working with a personal trainer is the safest and most effective way to achieve your health and fitness goals. We are located at the Sayulita Gym, and train most clients here, but can come to your home as well.

Mark Wyse

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Jody Vinje

Tel: 322-133-6293

E-mail: jvinje4@yahoo.ca

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Tel: 322-127-2169

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If you are looking to lose fat, gain muscle, reduce stress or increase your strength and flexibility, we can help. We will provide you with the guidance and knowledge that you need to achieve the results that you desire!

SERVICES

Our objective is to carefully analyze your personal goals, exercise history and fitness assessments, when we design the exercise program that is safe, effective and specifically tailored to your individual needs. You will see results - guaranteed!

You'll then be guided step-by-step through your workout designed specifically for your fitness progress, your personal trainer will adjust your program to meet your evolving fitness needs and help you achieve new goals.

Whether your goal is permanent weight loss, muscle toning, strength building or enhanced physical performance – VIVA Fitness - Personal Training can custom design a program tailored to your personal needs and help you quickly meet your fitness goals. Begin your journey to enhanced health and wellness with us today - We deliver results!

1. **One on One Personal Training:** **350 Pesos/Hr or 700 Pesos/3*1Hr sessions/week**

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2. **Couples Personal Training:** **600Pesos/Hr/Couple**

You and your partner each have your own trainer and your own program. You get to train at the same time at a reduced rate.

3. **Partner Personal Training:** **500 Pesos/Hr**

Partner Training is an awesome way to get the attention you need for your fitness program, while keeping the cost of each sessions down. At a 2 to 1 client to Personal Trainer ratio you add the motivation of a workout partner to the knowledge and guidance you are already getting from your personal trainer. This is a great addition to your routine as your Personal Training partner can help motivate and keep you going on your days off from your Personal Training session.

4. **At Home Personal Training:** **500 Pesos/Hr**

In home private training sessions in any of the following areas: Yoga, Pilates, One on One Personal Training, Walking Programs, Jogging/Running Programs, Circuit Training, Ropes/TRX Training, etc.

