

# Cydney Rogers



Train with me and join my proven track to the best you can be!



## Personal Trainer

I have an extensive background in Yoga and group fitness. I enjoy working with all fitness levels especially beginners, senior level, and those getting back to the gym.

I will set goals that are measurable and attainable to your needs. My method starts with developing stability, gaining muscle and finding your overall fitness & wellness. I think working out should be fun while challenging.

I know first hand that fitness & wellness is a product of patience, guidance, showing up and putting in work. For me, it is a lifestyle I am committed to and want to share with my clients.

Email/Text/Call [CydRogers08@gmail.com](mailto:CydRogers08@gmail.com) 785-580-6843