



# HELPMERHONDA

NEW YEAR NEW YOU!

Personal Training or Private Pilates as low as \$30

Let certified personal trainer Rhonda Beckham help you transform your body and mind.

Meet 2, 3, or 5 times per week and leave the holiday pounds behind.

Personalized, fun, safe, and effective workouts. You are so worth it!

Rhonda Beckham  
(530) 208-6369  
Rhonda@tahoetrainer.com  
www.TahoeTrainer.com



Start the New Year off Right!

\*minimum 3 week commitment

