



Now is Your Time!  
Personal Training  
*Namrod Girmai*



<http://namrod.yolasite.com/>

1-347-450-TIME

1-347-450-8463

# NOW IS YOUR TIME!

*Picking up this flier marks the first step in accepting the challenge to turn your health in the right direction!*

*I am a certified NASM Personal trainer and Corrective Exercise Specialist with experience working in Los Angeles and New York.*

*I work with all ages and body types and bring high energy and positivity to each and every workout!*

## Testimonials

"I've never been one to go to the gym or work out consistently, mostly out of fear and not knowing what I was doing. So, when I started training with Namrod, I wasn't sure what I was in for. To my surprise, I felt comfortable right away. Namrod has a way of motivating his clients and bringing out the best in them without being intimidating or aggressive, which is just what I needed. For the first time, I enjoy exercising and I am in better shape than ever!" –Sarah

"Namrod has the ultimate demeanor one should look for in a personal trainer. He is a motivator with a positive upbeat spirit that always pushes me to exceed my goals. Namrod tailors my workouts so that they meshed with my personal goals and hobbies. I would recommend Namrod Girmai without hesitation for any of your fitness needs."-Andrew

"Even though he pushes you really hard, working out with Namrod hardly feels like "work." It's obvious that Namrod is incredibly passionate about his work, and I appreciate the way he educates you as you go, making sure you understand not only how to perform each exercise, but why each is an important step towards achieving your greater fitness goals."-Libby

Coming soon to  
Clinton Hill:

**214 Greene Ave (corner of Grand Ave)**

Closest subway Clinton-Washington  
(A,C, G) OR Classon (G) OR Bus B52

**Personal and Small Group Training**

Sessions available starting February 2012

*Start the New Year off Right!*

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***Learn more and read client testimonials:***

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