

**Complimentary fitness  
evaluation**

# **FITNESS TRAINING** with Youlonda

## **About me**

Over 20 years experience as a personal fitness trainer and fitness coach. Contact me today to get your complimentary evaluation.

## **Fitness Options**

- High Intensity Training
- Strength Training
- Personal Training
- Fitness Classes
- Bootcamps

Web: [www.yjdfitness.com](http://www.yjdfitness.com)  
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Email: [Yo@yjdfitness.com](mailto:Yo@yjdfitness.com)

**Call today!**