



# One on One Fitness Sessions with Certified Personal Trainer

Contact: Nikki K. Dozier

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[https://nc-onslow.countybuyselltrade.com/community-events/one-on-one-fitness-sessions-with-certified-personal-trainer\\_jacksonville\\_22059](https://nc-onslow.countybuyselltrade.com/community-events/one-on-one-fitness-sessions-with-certified-personal-trainer_jacksonville_22059)

Address:

**Jacksonville Commons, Jacksonville**

Price:

**Free**

My name is Nikki Dozier, I am a NASM Certified Personal Trainer and Youth Exercise Specialist.

I am working with The City of Jacksonville through The Parks and Recreation Department. We are growing our fitness program and now offer One on One Fitness Sessions. We designed the packages and prices to work with a variety of budgets and schedules. Every package includes initial assessments, a personalized program designed for your needs and goals, goal setting and tracking, one on one sessions, and more... we will progress at a pace that is safe but effective and utilize many different training types and techniques. Call today to register and get started:910-938-5312

Dont be afraid to try, you just might impress yourself!



**One on One Fitness Sessions with Certified Personal Trainer**  
[doziernikki@gmail.com](mailto:doziernikki@gmail.com)  
<https://tinyurl.com/2gm7gmro>



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