



DYNAMIC FIT
PERSONAL TRAINING



Certified Personal Trainer &
Fitness Coach



Personal Training With Stephanie

It's never too late to invest in
yourself, stop waiting and let's
work together to build a
DYNAMIC FIT plan for you.

- PERSONAL TRAINING
- FITNESS PROGRAMS
- CARDIO TRAINING
- STRENGTH TRAINING
- NUTRITION COACH
- ACCOUNTABILITY SUPPORT



Talk to a Cutting Edge Fitness
staff member today to schedule
your session with me!

CALL: 503-759-3636

Text: 503-957-6103

<https://mcefitness.com/>

Looking for that extra push
in your fitness routine or
struggling to overcome a
plateau?

**DON'T WAIT, CONTACT ME
NOW!**

