

# RACHEL GRABILL: PERSONAL TRAINER

**Byron Township**  
**RECREATION**  
2120 76th Street SW | Byron Center, MI 49315  
P 616.878.1998 | F 616.583.1220 | byronrec.org



## MEET BYRON REC'S CERTIFIED PERSONAL TRAINER

- + ACE CERTIFIED PERSONAL TRAINER
- + ACE ORTHOPEDIC EXERCISE SPECIALIST
- + TRX SUSPENSION TRAINING CERTIFIED
- + TOTAL GYM/GRAVITY PT CERTIFIED

1-HOUR SESSIONS START AT \$45!  
6-SESSION PACKAGES START AT \$215!

Rachel is a graduate of Byron Center High School, where she excelled in academics and athletics.

While competing as a collegiate athlete at Grand Valley State University, her passion for health and wellness led her to achieve a Bachelor's degree in Exercise Science.

Rachel is experienced as a Physical Therapy Tech and Personal Trainer. Her professional career has been spent helping others enjoy an active lifestyle through rehabilitation and personal training.

**CONTACT RACHEL: [BLAINLUCKY13@YAHOO.COM](mailto:BLAINLUCKY13@YAHOO.COM)**

<b>Sessions</b>	<b>Session Type</b>	<b>Rates</b>
1	Individual 1-Hour Session	\$45
6	Individual 1-Hour Sessions	\$215
1	Couples 1-Hour Session	\$65
6	Couples 1-Hour Sessions	\$315