

# PERSONAL TRAINERS

available through Fitness & Sports!

Our experienced trainers will  
make you look and feel better!

Adelina Daniel  
(210) 391-4671, dahlia0707@hotmail.com

Diane Jackson  
(210) 347-5130, djfitness11@yahoo.com

Dwight Jackson  
(210) 317-4626, drttjackson@aol.com

Contact the trainers for pricing



lacklandfss.com

