



FUN NAME. SERIOUS MISSION.

Energy Girls® Personal Training

Ruth Gordon Howard RN, MA

Current Personal Training Packages 2019

Whether you want to live the healthiest life possible, or just look great and build the best booty, Ruth’s personal training is a one-of-a-kind, over the top motivational experience. She is passionate about health and fitness and helping women be their best. Ruth believes it’s a privilege, joy, and calling to help other women achieve their potential. In each session with Ruth, you will not only receive expert, professional, top-notch personal coaching, you will be motivated and encouraged like never before.

Individual Personal Training Pricing



30 Minute Sessions

- 45 - 1 session
- 170 - 4 sessions
- 300 - 8 sessions
- 430 - 12 sessions

45 Minute Sessions

- 50 - 1 session
- 195 - 4 sessions
- 375 - 8 sessions
- 530 - 12 sessions

60 Minute Sessions

- 65 – 1 session
- 245 - 4 sessions
- 475 - 8 sessions
- 630 -12 sessions

OUR MISSION:

“We Inspire and Encourage Women to Live Healthy Lives Filled With Energy and Abundant Joy!”



ACSM - CPT

American College of Sports Medicine Certified Personal Trainer

ACSM - GEL

American College of Sports Medicine Certified Group Exercise Leader

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