

# PERSONAL TRAINER



**Your health is your most valuable asset—and muscle mass is one of the top indicators of a strong, high-quality life. Whether you're just starting out or ready to level up, I'll guide you through every rep, set, and milestone.**

At PIER FITNESS, health goals are achieved through consistency and dedication. As a certified personal trainer my goal is to provide a unique training regimen based on your fitness level and goals.

Not a member, no problem, the cost of the training allows utilization of our gym equipment for the time of our session. We have a plethora of machines, dumbbells, and space to accommodate any goal.

## TRAINING OPTIONS THAT FIT YOUR LIFE:

- 30-Minute Sessions (Perfect for tight schedules)
- Full 1-Hour Sessions for deeper progress
- Package deals available to help you save while you get strong



805-736-3493

[www.pierfitness.com](http://www.pierfitness.com)

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# IRVIN VIDES, CPT

**Fat Loss & Lean Muscle Building . Strength Training & Conditioning  
Functional Calisthenics . Plyometric Power Development . Tailored Resistance  
Training to keep you engaged and encouraged**

**LET'S TURN EFFORT INTO PROGRESS. LET'S GET TO WORK—AT PIER FITNESS.**