



Natalie sharing the ORC's new personal training opportunities

# NASM CERTIFIED PERSONAL TRAINER

Receive a ORC Shirt 50% at  
your 1<sup>st</sup> session!

Ready to level up your fitness?  
Whether it's weight loss, muscle gain,  
or better health, I'll create a plan  
tailored just for you!

## SERVICES

- Customized Workout Plans
- Nutrition Guidance
- One-on-One Sessions



## NATALIE BARRACLOUGH



**BOOK YOUR 3 WEEK FEBRUARY SESSION TODAY!**

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More info here