



OUTDOOR CARDIO / STRENGTH TRAINING

# GRANITE FALLS GLADIATORS

With Our New Personal Trainer Geraldine

**4 WEEK SESSIONS**  
**JULY 14TH - AUGUST 8TH**  
**TUES 8 AM OR SAT 9 AM**  
**LOCATION: ROLESVILLE PARK**

**\$60 for 4 Weeks**

Granite Gladiator is a fun and challenging outdoor workout program designed to help you exercise to your full potential. Strength and cardio components are included to help you lose weight, build lean muscle mass and feel stronger. The group setting helps build camaraderie and support by working out along side friends and teammates with similar enthusiasm and goals.

Each session starts with a quick run followed by a series of warm-up exercises. The main set will include cardio and strength intervals. Bring your own mat, weights if you have them (optional), a water bottle, sunscreen and a towel.



## MEET THE TRAINER

# GERALDINE WALKER

My name is Geraldine Walker and I am an ACE certified Personal Trainer. I have been in the fitness industry working at Granite Falls Swim & Athletic Club for the last 4 years. My journey into fitness started 10 years ago; after the birth of my son and 8 years of a banking career that kept me from leading an active, healthy lifestyle, I decided it was time to engage and achieve a lifestyle where I could feel good about myself, have increased energy levels, and incorporate healthy habits in my daily life. My love and passion for fitness grew as I started to see changes and feel amazing again. I participated in many triathlons, half-marathons and went on to qualify for the Boston marathon in 2016. I then decided I wanted to use my skills and experience and my own journey to help others.

I decided to become a personal trainer because I care about my clients and there is nothing more important to me than helping someone go through an experience that makes them happy, confident, and strong. I want to be there for those who want to bring about change. I want to help you discover the benefits of training that have helped me become the person I am today, and I'm here to guide you every step of the way. Skilled in different facets such as swimming, running, cycling, and strength training I can design a specialized workout for you to help you achieve your goals whether it is body composition change, athletic speed and agility training, flexibility and mobility training, muscle toning and strengthening or training for marathons or triathlons. My drive is that you succeed, and you will!!!

*Register online at [GraniteFallsClub.com/Fitness/Small-Group-Training](https://GraniteFallsClub.com/Fitness/Small-Group-Training)  
or call to reserve your spot (919) 562 8895*