



**H . F . W . B .**



## **PERSONAL TRAINING**



**Complete  
warm up  
routine to  
prevent  
injuries**

**Full upper  
body and  
Lower body  
sessions**

**\$40 /hr for  
2 sessions  
a week**

**Message or call Clifton  
Pope at 361-765-4760  
or email  
cpope.cp@gmail.com**

**Free one on one  
Consultation included  
for free !!!**

**Where primal  
pattern  
movement  
becomes a  
pattern  
Static  
stretching  
for  
recovery**

**Complimentary  
breathing and  
stretching  
session  
included for  
free !!!**