



Combining her Personal Training experience with 12 years as a Cardiac Nurse, Amy understands the importance of getting fit and staying fit!

Let Amy help you get the most out of your workouts!

Amy Tilley

Certified Personal Trainer
Cooper Institute

"Don't just do it... Do it RIGHT!"

Specializing in the following areas:

- Body Fat Reduction
- Entire Body Muscular Symmetry
- Sports Specific Training
- General fitness training including strength/cardiovascular/flexibility
- Increase in Lean Muscle Tissue
- Smart Eating Programs
- Cardio Kick Boxing Classes
- Endurance Training

Please call or email me if you're interested in a FREE Personal Training Fitness Consultation and/or Cardio Kick Boxing Class

Phone – 682-429-2482
Email – atilley@befix.com