

## TESTIMONIALS

After having hip replacement surgery 8 years ago, I was introduced to Vivian and have used her expertise biweekly. Not only have her sessions helped to strengthen muscles and joints at the hip, the exercises have strengthened my entire body. I am more flexible and have totally increased my balance. I look forward to my sessions with Vivian.

BW

If fitness were contagious, you could catch it from Vivian. She exudes that easygoing kind of health and energy that makes you say, 'I could do this too.'"

Victoria Moran, speaker, health coach, author  
Fit from Within,  
The Love-Powered Diet  
Fat, Broke & Lonely No More

I enjoy my sessions with Vivian. She has an infinite variety of exercises, keeping things fresh always taking me to the next level. Her knowledge of anatomy and exercise is impressive. The sessions are very creative and challenging. I have lost 2 dress sizes, feel stronger and have increased my flexibility. I recommend Vivian as an inspiring and motivating trainer.

PF client

Changing lives  
Creating healthy lifestyles  
Successful aging

Available for:

- Private Individual Sessions
- Group Sessions
- Yoga
- Pilates
- Stress Reduction
- Weight Loss
- Corporate classes
- Workshops



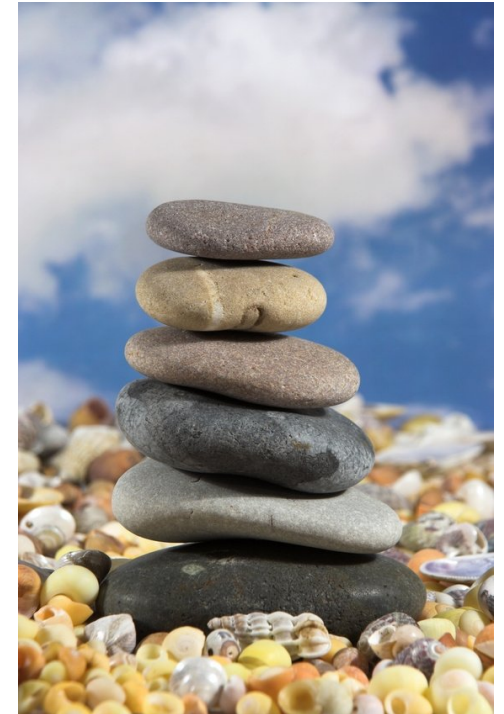
Balanced  
Fitness

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Fitness



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Successful aging



Vivian R. Rodriguez  
 Founder of Balanced Fitness  
 Certified Personal Trainer  
 Certified Yoga and Pilates Instructor  
 Advanced Reiki Practitioner

Vivian has inspired individuals to lead healthy lifestyles and age successfully for over 15 years. Satisfied clients range from working women, new mothers, men, and seniors. She has trained persons with osteoporosis, and cancer patients undergoing treatment. Clients feel better, gain strength, flexibility manage their weight and experience a more balanced life.

Vivian is a master in consolidating her expertise of health, fitness, yoga and pilates in creating Balanced Fitness workouts. Focusing on functional training, core strength, and flexibility, the workouts are innovative and fun always adding new techniques and challenges.

Vivian teaches Yoga, Pilates, Sculpt, Stretch classes at health clubs and corporations.

## Why Balanced Fitness?

- Gain flexibility and strength
- Manage weight
- Increase energy
- Stay healthy
- Sleep better
- Reduce your risk of diabetes, heart disease and osteoporosis
- Age successfully

Experience the benefits of personal training with a customized program designed to give you the results you want.

Vivian keeps up to date with the latest trends and innovations in her field. She writes and publishes health and fitness articles.



Balanced Fitness

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## Flex Fitness Packages

No more working out on the same day at the same time, week after week.

You might prefer training 3 times a week or 3 times a month.

Create, plan and schedule a Flex Fitness Package that works for you.

Please contact me to set up your very own Flex Fitness Package or to get more information

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### Certifications/Trainings

Personal Training  
 American Council on Exercise  
 Aerobics and Fitness Association of America  
 National Academy of Sports Medicine  
 Hatha Yoga Integral Yoga Institute  
 RYT 200 Yoga Alliance  
 Pilates Physicalmind Institute  
 Reiki Advanced Practitioner

