



energy
FITNESS THAT DRAWS YOU IN

PERSONAL TRAINING MASTER TRAINERS



Your 1st session **FREE!**
debra@energypilatesfitness.com

Personal training with Debra is unlike anything you have ever experienced before. We can promise you that.

Debra has over 35 years of teaching & training experience and is the owner and operator of Energy Pilates Fitness Yoga in Woodbury, MN. She is a Certified Athletic Trainer, Master Group Fitness Instructor, Maternity Instructor, PNF Specialist, Myofascial Release specialist, Pilates Mat, Pilates Reformer and Pilates Chair Certified Trainer.

Debra is also an ACE Health Coach with Epigenetic Endeavors, Personalized Lifestyle Medicine.

"I have been exercising my entire life, but nothing has changed my body like Pilates and personal training with Debra. After having twins, I could not lose those last 10lbs, but then I found Debra! Her style of training is energizing and upbeat. I am happy to say I have lost those ten pounds, plus feel very fit and toned." - Dr. Julie Ceno-England

Training with Debra is great and educational. I'm in my 50s so keeping my body flexible and strong is important for me. After my first five sessions I was already seeing a loss in inches and increased strength. I'll be training with Debra for a long time to come. - Kathryn S.



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You will learn more about your core, strengthen and tone like never before. Money back guarantee.

Certified Pilates Mat Master Trainer! Nancy's specialty is all matters "core." She is available for private training or Small Group Personal Training with the Pilates Arc. Per our Medical Director, Dr. Julie England, "Nancy's style of teaching and training for the core is recommended for every person to try. To understand and strengthen your core changes how you use your whole body. No one is better." 'Nuff said.

"Everyone at Energy is upbeat and positive and it's a very supportive environment! I knew I was at the right place right away! I love the personal training sessions with Nancy. She is a very positive coach, great listener and is very motivating. I appreciate how much preparation and effort she puts into the sessions for me. She really targets what I need to work on to get the best results, she is flexible during the session if I have questions & always has a solution that works. I am seeing great results and making a lot of progress that I wouldn't have on my own. I am so happy that I found Energy and Nancy. I highly recommend Energy to everyone." - Diana W.

VIP Member Pricing

Sessions	50-Minute	30-Minute	Duet (Two-Person Sessions) 50-Minute	Duet (Two-Person Sessions) 30-Minute
1	\$95	\$57	\$75 each	\$45 each
5	\$455	\$273	\$355 each	\$213 each
10	\$890	\$534	\$690 each	\$414 each

Guest Pricing

Sessions	50-Minute	30-Minute	Duet (Two-Person Sessions) 50-Minute	Duet (Two-Person Sessions) 30-Minute
1	\$110	\$66	\$80 each	\$48 each
5	\$530	\$318	\$380 each	\$228 each
10	\$1040	\$624	\$740 each	\$444 each

I have been working out with Debra since 1991. I have followed her to three different health clubs over the last 13 years. Her workouts have helped get me through; law school, lawyering, career changes, general times of crises, multiple beach/swim-suit vacations, getting married, pregnancy and now my latest adventure motherhood.

I was initially drawn to Debra's style because of her energy, self-deprecating humor and let's face it – she's a great role model. Over the years, I have followed her because of the lasting effects of her ability to motivate me to live a fit, active and healthy lifestyle. When I am training with Debra or taking her class, I'm motivated in the moment by her intensity and style. But her motivational style runs deeper than that. Debra has become the voice inside my head for all things relating to health and fitness. She is my real-world example of how to have a great body and be healthy and fit in the process. Her example to me over the years has been traditional hard work. There are no short-cuts or gimmicks or cosmetic surgeries to her philosophy. Her philosophy is all about working hard, making the right nutritional choices and finding workouts that are fun for you to keep you going. She is a real person, a wife and a working mother of two and it is her realness and consistency over the years that has inspired me and kept me motivated to continue to challenge myself to live a fit and healthy lifestyle. I firmly believe she is the best at what she does.

Ann Nordstrom

Training with Nancy has changed my life. Her interest in my fitness and health journey goes far beyond a typical personal trainer.

Her experience, enthusiasm and knowledge are the perfect blend to keep me inspired to get fit, stay fit and enjoy life. Thank you, Nancy!

Jean T.

I have been exercising my entire life, but nothing has changed my body like pilates and personal training with Debra. After having twins, I could not lose those last ten pounds but then I found Debra. Her style of training is energizing and upbeat. I am happy to say I have lost those pounds plus feel fit and toned. Pilates and training are great for any age and that is why I recommend it to my family, friends and patients.

Julie Ceno-England, M.D. and mom to 4

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