



# WOODBURY'S BEST

Understanding the form and function of your body will empower you to reach goals you never thought possible. This is personal training with Debra. Equipped with the latest in education, tools and technique, find out how it feels to combine the inspiration and motivation of her signature Energy class.



Debra is the owner and operator of Energy Pilates Fitness Yoga in Woodbury, MN (established in 2008). She is a Certified Athletic Trainer, Group Fitness Instructor, Maternity Instructor, PNF Specialist, Pilates Mat, Pilates Reformer and Pilates Chair Trainer. Debra has been a fitness instructor & trainer for over 34 years.

In 2009, Debra was voted "BEST TRAINER" by readers of Woodbury Magazine. Since 2010, Energy has been voted: "BEST FITNESS STUDIO," "BEST FITNESS CLASS-PUSH" (a class Debra created), "BEST YOGA CLASS," "BEST FITNESS STUDIO" and "BEST CUSTOMER SERVICE."

## PRICING

- 1 Session \$110
- 5 Sessions \$530 (\$106ps)
- 10 Sessions \$1,040 (\$104ps)
- 20 Sessions \$2,040 (\$102ps)

## VIP PRICING

- 1 Session \$95
- 5 Sessions \$455 (\$91ps)
- 10 Sessions \$890 (\$89ps)
- 20 Sessions \$1,740 (\$87ps)

**FIRST  
 SESSION FREE!**

# TESTIMONIALS

Training with Debra is great and educational. I'm in my mid 50's so keeping my body flexible and strong is important to 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 Schleich**

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 very fit and toned. Pilates and training is 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**

I have been working out with Debra since 1991. I have followed her to three different health clubs over the last 18 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, Esq.**

**NEW! 30-min**  
personal training sessions

## PRICING

- 1 Session \$66
- 5 Sessions \$318 (\$63ps)
- 10 Sessions \$624 (\$62ps)

## VIP PRICING

- 1 Session \$57
- 5 Sessions \$273 (\$54ps)
- 10 Sessions \$534 (\$53ps)