

Signe Olson - Certified Personal Trainer

About Me: I grew up here in Blue Earth, involved in every sport I could, and through that my love for fitness grew. Whether you are struggling with building muscle, weight management, or motivation, I've been there too, and I'm here to help! I am passionate about helping people reach their goals and see positive changes in many aspects of their life!

Education & Certification: Certified Personal Trainer NASM, Metabolics, Aquatics WSI, CPR and First Aid Certified

Specialties/Areas of Focus: muscle development, weight management, and functional movement



Train With Me: I offer each of my clients a free 1 hour session where we perform a movement assessment, discuss goals and motivation, and go through a sample training session together. I don't intend that you'll have to train with me forever. Together, we will build a 1 month, 3 month, and 6 month plan, where by the end of 3-6 months I hope to see you reaching your goals and able to train on your own.

Rates Per Session:

One Hour Session

1x per week: \$40 each
2x per week: \$30 each
3x per week: \$25 each

Half Hour Session

1x per week: \$30 each
2x per week: \$25 each
3x per week: \$20 each

My goal is to help you reach yours!

Questions or to set up a free session:

Email: signeolson@hotmail.com

Text: (507) 848-8612

