

# Steve Ybarra

Most people like to hit the bar for social hour  
Steve likes to hit the "other bar" for social hour  
ha.

I Originally worked as a computer system  
engineer and a Microsoft certified professional.  
I loved the life but did not like the constant  
2liter bottle of pop and a whole pizza every  
night. I saw what it was doing to me and how I  
felt. I swear if you touched my skin it was pizza  
grease lol.

So, in 2011 I decided to make a complete  
lifestyle change. I chose a job that was fast  
paced and very rewarding as a nursing assistant.  
In that time, I started cycling then moved to  
weights then to bodybuilding, power lifting and  
conditioning.

Now at 38 years young I am knowledgeable on  
all forms of fitness and goals. Whatever they  
may be maintenance, rehabilitation,  
strength training, conditioning and power lifting  
I can get you there.

I work out every day for fun and to be able to  
keep up with my 2-year old and 4-year old. They  
are counting on me to stay fit and healthy and  
that is what I am doing.

Need a gym partner, tennis partner, or more 1  
on 1 personal training? I am your guy.



Steve's Rates:	\$25 a session	
Packages:	4 sessions	\$92
	8 Sessions	\$168
	12 Sessions	\$240

Each session is an hour long. Sessions need to  
be paid for in advance. All sessions must be  
used within a 12-month timeframe of being  
purchased. All sales are final. Please feel free to  
contact me with any further questions you may  
have **612-240-5667**

1<sup>st</sup> Consultation (session) Free.

Cancellation policy—24 hr notice is needed  
otherwise you will be charged for that session