

# Human Performance Personal Training



*Get into the best shape of your life!*

**Human Performance Personal Training offers the most complete training system in Napa Valley! Our trainers are some of the most qualified in the industry! Let our trainers transform your body and spirit! Come visit us at our facility for individual or group training.**

## Services Available

- Nutrition Consulting
- Weight Loss and Toning
- Hybrid Yoga & Pilates Training
- On-Site Corporate Fitness
- Weight Training and Flexibility
- Athletic Training / Coaching
- Exercise Therapy for Injuries
- Posture Evaluation and Gait Analysis
- Home or Office Gym Design
- Home Personal Training

## Testimonials

"Matt Kathol is an amazing trainer, that has helped me mentally and physically to stay in fantastic health."

**Ed Catmul, President of Disney Pixar Animation Studios**

"I've been in the rock and roll business for over 40 years . Matt Kathol's training program has kept me healthy, young, strong and vibrant. I'm still playing gigs year round with hard work and the Matt's program."

**Bob Weir, Grateful Dead and Rat Dog –Guitar and Vocals**

Personal Training Prices at Brown Street Training Center  
10 Sessions \$700    20 Sessions \$1300    50 Sessions \$3100

Call Matt Kathol Today 707.280.8877 or e-mail [mattk@nutritionandexercise.com](mailto:mattk@nutritionandexercise.com) Web: [www.ifit.us](http://www.ifit.us)  
Also available at Human Performance: Ergonomics/Safety & Corporate Wellness Programs and Wellness Retreats!