

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!

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

"I have been working out with Matt for about 2 years and have enjoyed tremendous health benefits through his expert guidance in fitness and nutrition. I've kept weight off, have increased energy and feel 10 years younger. It has truly been the best investment I've ever made in myself."

Beth Nickel, Proprietress, Far Niente, Nickel & Nickel and Dolce Wineries

"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

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

Also available at Human Performance: Ergonomics/Safety & Corporate Wellness Programs and Wellness Retreats!