



Be FIT with Cathy

Experience a Fitness Breakthrough
With Your Own Personal Trainer!

- › Personal Cooking & Meal Packages
- › No routine workouts
- › Personal Coach
- › Specialist at your location (home, office, nearby park, or health club)

Cathy Toruno

Certified Personal Trainer
Fitness & Nutrition Expert
Personal Coach

Cell: 786-356-4738

Bfitwithcathy@aol.com

www.befitwithcathy.com