

# Personal Fitness Training

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with Fitness Professional  
and 4-Time Guinness Book  
World Record Holder



# Ron Sarchian

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**Types of Private Training Available**  
*(Semi-Private Sessions are also available)*

- Cardiovascular
- Resistance
- Functional (Core)
- Boxing
- Kickboxing
- Spinning
- Indoor Rowing



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For more information and a free consultation

**Call Ron (818) 389-2522**

**WorldRecordRon.com**