



filetti fitness

moderate,
appropriate,
consistent,
& uncomplicated.

&

Hello,

I'm Rhonda Filetti, a certified Personal Trainer. I provide in-home, outdoor, and gym personal training services in the Boulder-Denver area.

I specialize in working with those who are new to exercise, over 40, or seniors.

Choosing a personal trainer is an important decision. Please visit my website and see if I am the right trainer for you or someone you know.

Train well!
Rhonda

www.filettifitness.com • 773-490-4996