

Cheryl Rambish
1028 W 25th Street
Erie, PA 16502

Phone: 814-455-0191

Fax: n/a

Email: magnad@peoplepc.com

Web: n/a

Services for: Adults and Children

Age range: all ages

Services offered:

I am a certified swim instructor as well as a personal fitness trainer. I offer customized fitness programs for primarily individuals, either at the site of their choice or in their home. In the better weather I like to use the outdoors (parks, etc.) for training.

I am teaching fitness as a life skill with a major goal being that each individual attains knowledge, skill and a desire to continue on their own throughout their life.

I have taught both swimming and yoga for 25 years.

Referral:

Call or email to set up an initial evaluation and planning meeting

Fee for services: yes

Acceptable payment methods: cash or check

Accept third party insurance: no