

The Enrichment Center

Personal Training Services



Do you have chronic pain, recovering from surgery, or want to work out but don't know where to start? The Enrichment Center is now offering Personal Training Services. We are offering sessions with Certified Personal Trainer Erica Davidson. Erica will offer a consultation and design a plan personalized for your specific workout goals.

Cost: \$30 per session

On-going sessions will be available per request.

Open to age 50 and over, Lee County Government Employees and other Lee County residents, as space is available.

Call (919) 776-0501 Ext. 2203 for appointment options.

The Enrichment Center of Lee County
N.C. Certified Senior Center of Excellence
1615 S. Third Street, Sanford, NC 27330

