



At The Loews Philadelphia  
1200 Market Street, 5<sup>th</sup> Floor  
Philadelphia, PA 19107  
215.231.7350  
12fitspaandgym.com

## Where Spa Meets Fitness

### Spa • Gym • Personal Training

#### **Personal Training** *Train, tone & maintain*



**Kristin Noblette** has personal experience with the challenging struggle of losing weight and getting healthy. A 7-year fitness veteran and former size 12/14, Noblette is able to easily relate to her clients on a sincere and empathetic level while simultaneously inspiring them, sending the message that each person can meet their individual goals by

omitting the word "can't" from their vocabulary. She concentrates on lifestyle change and hard work to accomplish every goal. The work that Kristin puts in as a trainer, competitive bodybuilder, and group fitness director/instructor, combined with her high-energy, positive, friendly attitude is reflected in every client she interacts with.

Kristin's specialties include muscular development, competitive physical coaching, bridal prep, special events and sports-specific training, and dance conditioning.

*Personal training is \$65/hour or a package of 10 for \$585.  
Please see our desk attendant to schedule.*