

PERSONAL  
TRAINING  
WITH

*Doc Beverly*

NASM CPT  
NASM Weight Loss Specialist  
NASM Certified Nutrition Coach

- LEARN HOW TO BOULDER
- DIET AND NUTRITIONAL GUIDANCE
- IMPROVE MOBILITY AND BALANCE

Doc has a powerful passion for the boulder climbing sport that almost rivals his passion for our community.

He devotes his training plans to explosive calisthenic strength, HIIT work, and functional fitness and flexibility.

His drive is to help his clients break plateaus so he can celebrate with them and help them achieve their life goals.



*Doc Beverly*  
*717.626.5096 Ext. 801*  
*recROInfo@lititzrec.com*