



# Get Fit in Carriage Hills with your own Personal Trainer!



Damon Scott is the former Quarterback for the Houston Arena football team. He is now attending Chiropractic school and is also a personal trainer. Damon will consult on nutrition and a diet if you would like. The cost will vary, depending on how many people participate. Once we have a solid number of people, he will give us one flat rate and everyone will split the cost.

You will get more from these workouts than you ever will walking/jogging/working out on your own. It is worth it!

## Tennis Courts

**Tue/Thu from 5:15 pm-6:15 pm  
& Sat from 9:00 am -10:00 am**

**If you are interested please contact:  
Kera Deaton (Resident) @  
936-271-0113 or 405-205-0979**