

# Personal Trainer's Mission Statement

Empower our active community through personalized fitness programs that promote safety, independence, and a vibrant quality of life.

Guide those on their fitness journey, fostering a love for movement and a commitment to lifelong health and well-being.

Create safe, effective, and enjoyable exercise experiences that help maintain independence, improve mobility, and achieve personal health goals.

## Pricing

Complimentary  
Consultations

Individual Sessions:  
55 Minutes - \$60  
30 Minutes - \$40

Partner/Couple  
Sessions:  
55 Minutes - \$80



## Personal Training

1520 North Wigeon Lane  
Green Valley, Arizona 85614

## Dr. Laura McMurtry



Dr. Laura McMurtry, PharmD, CDE, NASM CPT, CF L1/L2, RYT 200 Yoga Instructor, BLS/CPR/AED, SSC, Certified RSB Coach, OS Certified

With over 25 years of experience, Dr. Laura McMurtry has been a personal trainer in Quail Creek since February 2019. She began her journey at Anza Fitness Center

Laura specializes in:

- Functional movement and corrective exercises
- Flexibility, golf, pickleball, and tennis fitness programs
- Group fitness and movement disorders
- Mobility and CrossFit
- Pre- and Post-rehabilitation training
- Wellness and nutrition

laurastevedec2020@gmail.com  
520.548.2358

## Steve McMurtry



Stephen McMurtry, CPT, BLS/CPR/AED, Certified RSB Coach, OS Certified

Steve has been a personal trainer in Quail Creek since August 2021.

His background includes:

- Rodeo athlete (bulls and broncs)
- University of New Mexico rugby player
- OCB all-natural bodybuilder (Mr. Southwest, 2nd in Masters at age 50)

Steve specializes in:

- Strength and mobility training
- Sports fitness programs
- Movement disorders
- Pre- and Post-rehabilitation training

laurastevedec2020@gmail.com  
480.881.3464

## Sharon Ryan



Sharon Ryan ISSA CPT, CPR/AED, Certified RSB Coach

With over 20 years in social services, Sharon has dedicated her career to helping seniors and individuals with developmental disabilities live independently. Now, she's bringing that same passion to the world of fitness as an ISSA-certified personal trainer and group fitness instructor. Her athletic background includes college basketball, coaching, officiating, youth camp coach, weightlifting, and CrossFit.

Sharon specializes in:

- Functional fitness
- Group fitness
- Weight training/Kettlebells

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