

Austin Puckett

Austin Puckett is an NFPT certified personal trainer of three years, a certified meditation instructor through Udemy, and an avid book reader. Austin received his B.A. in Theatre Arts and Coaching in 2018 from King University and has been practicing weight-lifting and bodyweight movements for over five years, allowing him to exercise a unique style of training that focuses on instructing: proper technique, bodily awareness, breathwork, and most importantly, how to foster a Growth-Mindset. Austin is also a certified Functional Fitness Training Specialist through NFPT with prior rehabilitation and injury prevention experience. Consultations are free for every new client before any contractual obligations. Call or email to schedule yours today!

Contact Info:

Phone: 276-614-0076

Email: ampitup19@gmail.com



Personal Training Packages

Service
Price

Austin Puckett

NFPT CPT - Meditation Instructor

276-614-0076

Ampitup19@gmail.com

Service Type	Description	Price (w/ Card)	Price (w/ Cash or Check)
Training Session	1 hour instruction & session	\$30 per session	\$25 per session
Bundle 1	10 Sessions	\$250 (\$25 per session deal)	\$220 (\$22 per session deal)
Bundle 2	20 Sessions	\$440 (\$22 per session deal)	\$400 (\$20 per session deal)
Meditation Session	30 minute guided session	\$20 per session	\$15 per session