

PROMISE

We are committed to creating and providing a safe, community oriented environment in person and online catered to individuals whom are looking to educate themselves in proper movement, nutrition and mental wellness.

We fill an important void in the fitness industry that bridges the gap between the practice of prevention and rehabilitation in terms of physical and mental wellness. We will strive to educate and guide all levels of athletes in areas of strength, speed, power and agility with healthy movement in order to increase their longevity and produce a higher performing athletic career.



CONTACT

📍 1 Grand Ave, San Luis Obispo

☎ (805) 756-1111

🌐 www.cerrofitness.com



SHAPE YOUR BODY.





ABOUT US

Cerro Fitness is a locally owned gym and is located in the Central Coast California.

We provide affordable fitness facilities and services such as **group yoga classes** and **personal training** along with a variety of fitness machines, for their community.

These facilities also include **an outdoor swimming pool** and **a rock-climbing wall** as well as other amenities at a small additional charge.

Our goal is to provide a comfortable and enjoyable experience for people of all fitness levels, as well as to be the local go-to fitness center for the area.

OUR TEAM

Jared Martinez
Owner



Amanda Reynolds
General Manager



Kevin Allen
Personal Trainer



Alexis Trinh
Personal Trainer



MONTHLY PACKAGES

\$25 STANDARD

- All indoor facilities
- Rock-Climbing Wall

\$30 PLUS

- All indoor facilities
- Rock-Climbing Wall
- Swimming Pool
- Group Yoga Classes

\$40 PREMIUM

- All indoor facilities
- Rock-Climbing Wall
- Swimming Pool
- Group Yoga Classes
- Personal Training

SIGN UP HERE:
cerrofitness.com/signup

MORE INQUIRIES:
(805) 756-1111

