

# Ryan Gentles

Personal Training



## Personal & Group Training

Ryan Gentles is a licensed personal trainer and massage therapist with more than two decades of experience in turning his clients' fitness goals into reality. By teaching how to exercise effectively and make healthier lifestyle choices, he has helped hundreds of people transform themselves. In addition to improved appearance, regular exercise also offers psychological benefits including increased confidence, a more positive outlook, and improved self image. Physical activity also helps process negative emotions like anxiety and frustration, leading to a happier and healthier life.

### Individual Personal Training

With his Five Keys to Fitness and Wellness, Ryan offers a comprehensive program of cardiovascular conditioning, nutritional guidance, and strength training, as well as improvements in flexibility and mental health.

### The Ryan Gentles Ultimate Health and Fitness Boot Camp

These group sessions are designed to provide the ultimate workout and rejuvenation experiences. They will elevate your mind, body, and spirit, and help relieve the stress we all experience at home and work.



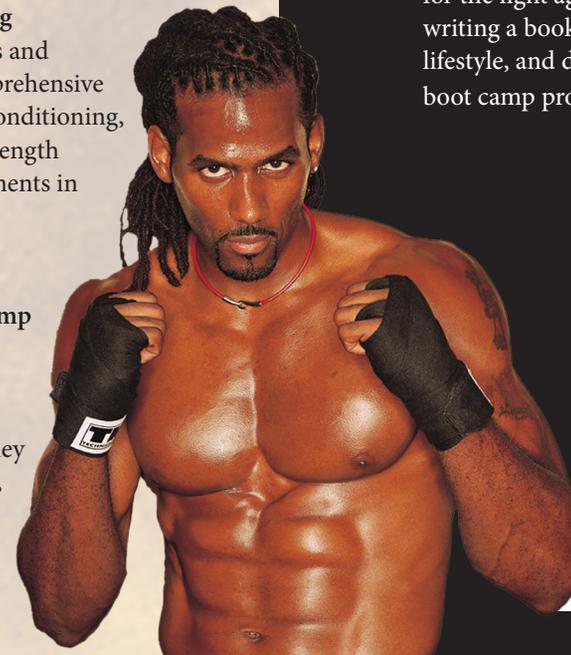
### About Ryan

Ryan Gentles has more than two decades of experience helping a variety of people achieve more active lifestyles

through his expert personal training, wellness and massage therapy programs. He is a licensed massage therapist, American Council on Exercise certified personal trainer, and has received certifications as a post rehabilitation specialist. Ryan is a graduate of Baruch College in New York.

Ryan counts several film, print, and stage credits as an actor in addition to his personal training business. He is nationally recognized for his roles in **Tyler Perry plays and movies**, collaboration with Jennifer Hudson and as a featured fitness expert, model, and personality on the annual Tom Joyner Fantastic Voyage.

Currently Ryan is busy working on launching his nonprofit organization for the fight against Sickle Cell Anemia, writing a book on living a healthy and fit lifestyle, and developing fitness and health boot camp programs.



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*Serious inquiries only*



**ZION**  
WELLNESS

# Ryan Gentles

Massage Therapy



## Massage Therapy

Recovery is a vital part of any fitness plan, which is why Ryan offers clients a range of massage therapy treatments that complement his comprehensive wellness programs.

Research shows consistent massage leads to better health through wider range of motion, lower blood pressure, increased circulation, improved concentration, and better sleep patterns. It also provides spiritual and emotional balance, reduces fatigue, relaxes and softens overused or injured muscles, boosts levels of endorphins and serotonin (the body's natural painkillers and mood regulators), and enhances immune function.

Massage therapy is a drug-free, non-invasive, and humanistic approach to facilitating the body's ability to heal as well as handling the stress, anxiety and tension of everyday living. Start yourself on the path to looking and feeling better by booking an appointment with Ryan today.



## Session Prices

All training and massage sessions are a minimum one hour and by appointment only.

Payments are made in advance of service.

Group rates are available and discounts are offered for package pricing.

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