

## Steve Backous



Owner and coach, brings 15+ years of experience in the health and fitness industry with 10+ years of experience in rehabilitation to offer a unique approach to human performance to meet everyone at their current level and provide tools to help reach their next level.

### About Aegis

Aegis Training & Performance is a personal training and fitness coaching company that focuses on quality movement and efficient programming to ensure the highest quality outcomes. Providing encompassing strength training, stability, mobility, and athletic performance, you are sure to receive all of the tools you need to become the best version of yourself and meet your health/fitness goals.

### Availability

Tuesday: 1:00 pm-7:00 pm

Thursday 3:00 pm-7:00 pm

Friday 1:00 pm-7:00 pm

Saturday 9:30 am-1:00 pm

### Pricing

1 session-\$60 (\$55 for CM students/family)

4 sessions- \$240 (\$220 for CM students/family)

-or-

1 month (1 session/wk) \$240 (\$220 for CM students/family)