



# Everest

## What

Everest is the fitness class that others claim to be. Comprehensive, intense, fun, and not scared to lift Heavy!

## Where

Power 3 Fitness Coaching.  
located at:  
7227 Montgomery Rd

## When

Saturdays  
9-10 AM

## Why

Everest is designed to help you develop a strong mindset allowing you to push through intense physical demands.

Exercises are consistently changing pace, volume, weight, and underlying logic to encourage your body to perform at its best. We want you to experience results that go beyond your body. Also, a body that performs well, looks really good!

## Who

Everest is for people that are comfortable in the gym. Being teachable and being able to be still and listen are EXTREMELY IMPORTANT. This class is not for beginners.

## Cost

\$25 per class  
\$150 for 10 class pass

**About Mark Carpenter:** For 25 years Mark has been using his personal workouts to develop/evolve his training logic. He has been through numerous certifications; but the majority of his knowledge comes from real world experience. Mark has a very emotional approach to fitness. All sessions are designed to improve your physical health and performance. Some days will feel gentle, while others will be focused on conquering goals that seem scary. Mark will help you understand the "HOW" AND "WHY" as you explore diverse training styles. He will be honest with you and not pretend that trainers always eat healthy; but share the same struggles and fears as clients

Mark is a national level strongman competitor, and has set numerous records in his sport. Mark is continuously pursuing knowledge to be able to better serve his purpose. His ability to meet people where they are allows him to relate to a wide range of clients. He has trained absolute beginners, mentally challenged children, elderly population with physical limitations, and professional athletes among many others. Mark has made this one of his life missions, and has a passion that needs to be experienced.