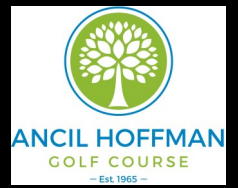




# Charles Burton



## Golf and Fitness Professional



David Sutherland,  
Professional Golfer

*"Charles has great energy, knowledge, and passion for his work that has helped me gain both strength and flexibility in a short time."*

*"Charles is simply the best!"*  
—Melanie Thomson



*"Charles Burton is truly gratified by seeing his clients improve and enjoy life more. I am now motivated, moving quickly toward personal goals, and enjoying myself. I thought improvement would be painful, but it has been just the opposite."*

—Phillip R. Shaver, Ph.D., Distinguished Professor of Psychology, UC Davis

*"I started working with Charles intending to get fitter for playing golf, and I ended up on the path to be fitter for the rest of my life."*

—Dave Wolfe, Professor of Biology,  
American River College

*"Charles combines practical swing instruction with physical training designed to support a successful swing. Each week, he personally guides me through workouts to improve my balance, flexibility, and strength in areas that will help me execute more effectively during play. The results? My accuracy and distance control have improved. My shots are longer. And best of all, I'm shooting lower scores and having more fun on the course."* —Mark Louis Andrews



Gearoid O'Neill,  
M.D.

*"Charles' enthusiasm for physical and total health is contagious. His focus is on the particular needs of his individual clients."*

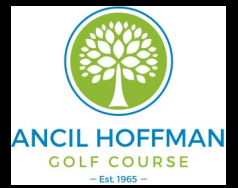
*"Charles' expertise and skills of instruction, plus his patience, has been awesome. I am enjoying the game once again."*

—Dorothy Carley

**For more information, contact Charles Burton at (916) 607-6041**



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## Golf and Fitness Professional

*"Charles' acumen, competencies and skill sets in terms of working with people and marrying that up to his amazing golf instructional skills is in our opinion, the reason for his success with us and many others."*

**—Roger and Lyn Greene**

*"Charles provides the encouragement, knowledge, instruction, and professionalism that makes me want to work hard at achieving my goal. I found the motivation I needed and I owe it to Charles. He far exceeded my expectations. I cannot imagine anyone who could do a better job at motivating and make a sometimes difficult workout actually fun."*

**—Debra Hunts, Surgical Nurse**



*"Charles' personality and concern for his clients' overall health and safety is what drives (no pun intended!) this program. Imagine a one-on-one*

*approach with attention to detail. Charles will consistently monitor all aspects of your workout, from pulse to technique. Each student has an individually crafted, always changing regiment."*

**—Bruce Bob, M.D., FACOG**

**"He is the best." —Edward Gunz, M.D.**

*"Charles has changed the way I think about exercise and fitness. I feel like a new person after just 4 months of working out with him. I'm solidly on my way to a healthier life thanks to his guidance. He's terrific!"*

**—Kimeron Ruszovan**

*"The best trainer that I ever had."*  
**—James Duvaras, California Superior Court Judge (Retired)**



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