



HAVE YOU EVER CONSIDERED PERSONAL TRAINING?

Personal Trainers are available for individual and group sessions!

Some of the MANY Advantages of having a Personal Trainer:

1. Motivation & Guidance
2. Expertise in all areas of wellness
3. Accountability
4. Aiding with Special Needs
 - Heart Disease/ Diabetes
 - Orthopedics
 - Corrective Exercise
 - Balance/Coordination/Stability
 - Cancer Survivor, etc.
5. Accommodating the needs for specificity catering youth, young adults, athletes, adults and seniors!
6. Nutrition Counseling

Please fill out the below information, turn this form in to the front desk and our Personal Training Director will be in contact with you to set up your FREE CONSULTATION with a Personal Trainer!

Name: _____

Phone: _____

E-Mail: _____