

EMERY FIT

Training Nutrition Massage

770-356-9529

13920 Highway 9 N, Alpharetta, GA 30004
www.emeryfit.com

You don't fall into Emery Fit, you jump!

Hi All-

I would like to thank each of you for training, receiving massages and getting nutrition advice at Emery Fit. I know you have many choices and I'm honored you have chosen to spend part of your time with us. Your trainers, therapists, and coaches work hard to make sure you reach your goals in a timely and safe manner. I work hard to make it a pleasant environment that is stress free. Please feel free to reach out to me any time with questions or suggestions. I think this is already a pretty great place, but I also know there is always room for improvement. Keep striving to achieve your goals and dreams! We will be here to help you along your way.

Leah



The 78 science-backed benefits of weightlifting for seniors



RunRepeat

[78 Science Backed Benefits of Weightlifting for Seniors](#)

The aging process is a daunting and inevitable one. Which is why effort and action must be taken to improve the overall health, longevity, and quality of life. Despite this, 80% of adults are not engaging in enough physical activity to reach prescribed guidelines and full health benefits of exercise...

[READ MORE](#)

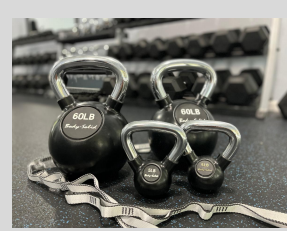
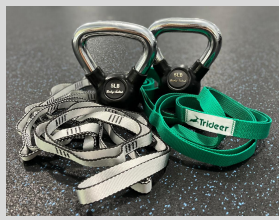
It's the little and big things...

Here at Emery Fit we continue to invest in new equipment to help get you to where you want to be!

New 110 lb. dumbbells

5 lb. kettlebells & stretch straps

5 lb. and 60 lb. kettlebells



STRETCH

We are excited to announce Keith's new Group Stretch Fit class!

Mondays and Thursdays 7:00am-8am Tuesdays
11:30am-12:30pm

- Increases in range of motion.
- Excellent mobility development.
- Improvements in muscle tone and thus strength.
- Benefits athletic performance.
- Enhanced posture.
- More energy for your day.
- Feel years younger!

[CLICK HERE TO SIGN UP TODAY!](#)



[Cowboy Caviar Recipe](#)

This Cowboy Caviar is the ultimate recipe for your football tailgate! Texas cowboy caviar is filled with fresh and flavorful ingredients you will love such as corn, tomatoes, beans, and so much more. You will love this recipe that is perfect for any gathering or celebration!

[CLICK FOR FULL RECIPE](#)

Share your love with Emery Fit!

Thank you for being part of the Emery Fit family! We'd love to hear about your experience. Please leave us a review on Google and give a shout out to your trainer,



coach and therapist.

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