

MAXGEVITY FITNESS



Fitness
Self Defense
Wellness

Andrice Buettner, CPT, Deputy Master CKDMAI
678-591-9934 | info@maxgevityfitness.com



Andrice Buettner is a certified personal trainer, group fitness instructor, and Deputy Master 4th degree black belt for CKD Martial Arts Headquarters in Kennesaw as a head instructor for over 15 years under CKD founder, Grandmaster Kwang Jo Choi.

Your Trainer

Andrice Buettner, CPT
Deputy Master,
CKD Martial Arts



Trainer Who Cares

Hi! My name is Andrice Buettner. I am the owner and trainer for Maxgevity Fitness, LLC. I am certified in personal training, group fitness training, Zumba, and am a Head Instructor and 4th degree black belt in Choi Kwang Do Martial Arts.

I specialize in private & personalized one on one training, senior fitness training, regular group fitness training (including kickboxing, line dancing, & Zumba), and also enjoy utilizing my martial arts knowledge & skills to create fun and effective workouts enabling you to have fun while you get fit.

My goal is your success, fulfillment, and ultimately, the ability to MAXimize your lonGEVITY and achieve self efficacy.

Losing weight and/or gaining strength & muscle can be challenging but are absolutely attainable! I want to help you overcome hurdles and reach your goals. Support is so important in this journey! I am your guide & biggest cheerleader, but you are ultimately the person who takes charge of your future health on your path to **YOUR BEST SELF!**

Knowledgeable Experience

Exercise, fitness, health and wellness have always been a passion of mine. Along with FUN!

With 15 years teaching Choi Kwang Do Martial Arts & group fitness to both adults, children, & families, and over 2.5 years of personal training, I analyze your body's natural movements and create custom fitness plans to help you reach your goals along with helping you build a great sense of a positive self.

Best part? We can have fun doing so! Fitness doesn't have to be boring, stressful, or depressing. I want you to look forward to your day! If you enjoy what you do (or the after affects), you are more likely to stick with it.

Plans include healthy choices for eating and exercise to ensure the best results, but I also want to promote balance to ensure a positive mental sense of self. I take great pride in supporting you to help keep you on track and motivated to reach your goals.

My Goal? YOUR SUCCESS!

For many, working out in a large gym in front of an audience can be intimidating and demotivating. I want you to feel comfortable and focused on a healthier you - not those around you. No audience, no fears, no stares - just you achieving your goals at your pace building that self confidence!

Adapting new fitness habits can be difficult, and can, at times, fail; however, please remember:

If It Doesn't Challenge You

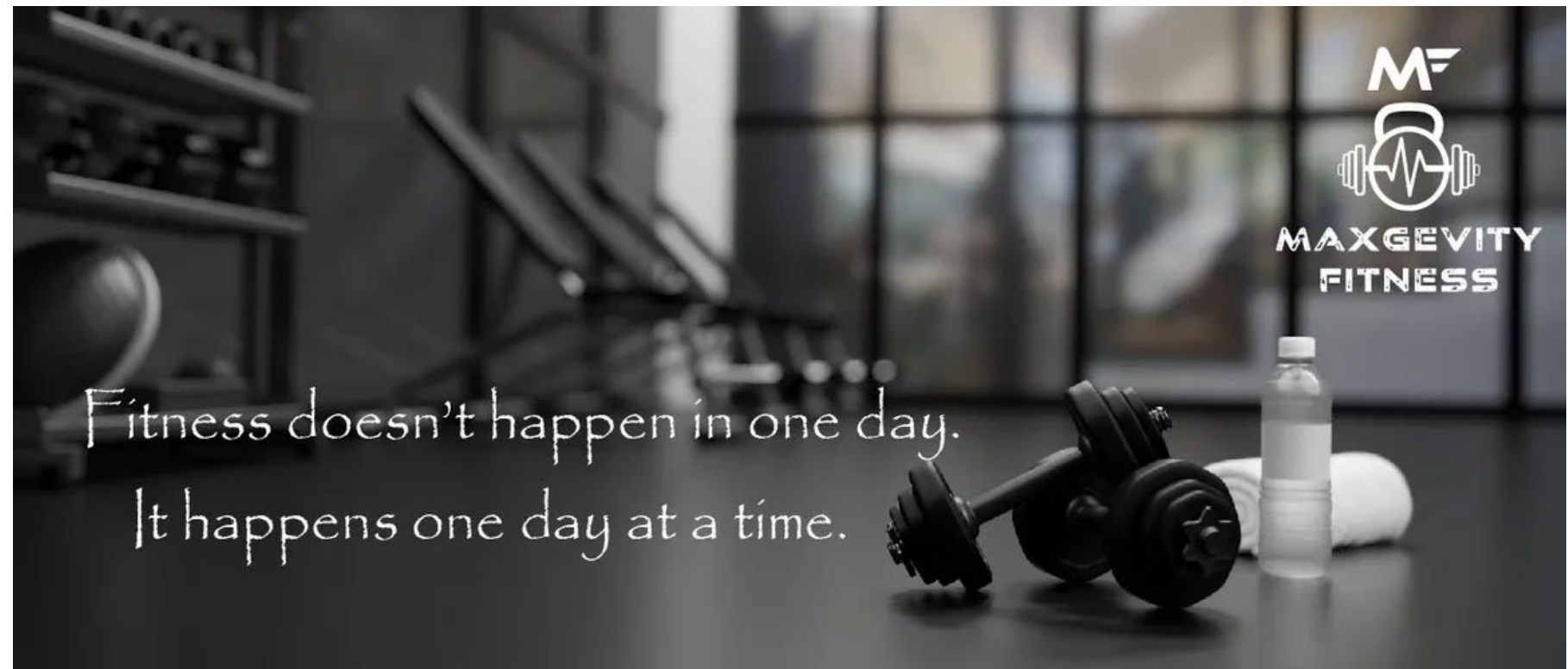
It Won't Change You

My ultimate goal is to challenge you, change your view on fitness, and build your confidence in making healthy choices so that it becomes a part of who you are and your everyday life - creating a longevity that you maximize to the fullest.

Patience

Fitness does not happen in one day. It happens one day at a time.

I strongly believe that if you practice healthy habits, you will not only be able to obtain a healthy lifestyle - but sustain it.



SENIOR? BE SENIOR STRONG



Are you a senior citizen?

BE SENIOR STRONG!

Just because we age doesn't mean we have to become weak, feeble, sitting ducks.

Healthy diet, regular exercise, and self defense knowledge can help give our seniors the ability to not only live fuller, more vibrant lives, but to also know and do what is necessary in emergency situations - **especially physical abusive situations.**



Proper Exercise & Nutrition Benefits



Proper Exercise & Nutrition Can Empower Individuals By:



Increasing
Focus & Energy



Building
Self-Confidence



Building Strength
& Heart Health



Sessions

- Session begin with a strong focus on personal development and self efficacy. Your initial consultation is absolutely free - always. You shouldn't have to pay to ask questions or find out if this change is right for you.
- Initial focus will be on form and positive self development as well as improving muscle coordination.
- My approach to personal training falls in line with the martial art I teach - based on biomechanical science using kinesiology & physiology to use the body's natural bilateral movement & fluid sequential motion placing less pressure & damage on the joints while developing optimum strength and energy efficiency.



As a student coming to learn self defense and receive exercise for weight loss, Mr. Caldwell not only improved his muscle coordination, flexibility, & self-defense knowledge, he also achieved his 1st degree black belt and lost **over 100lbs** by staying with a healthy eating plan, exercising, and consistent class attendance.

Senior Exercise & Self-Defense Transformation

