



# THE HUNTSVILLE GYM

Unlock Your Body's Potential with FaME  
(Fascia and Muscle Engineering)

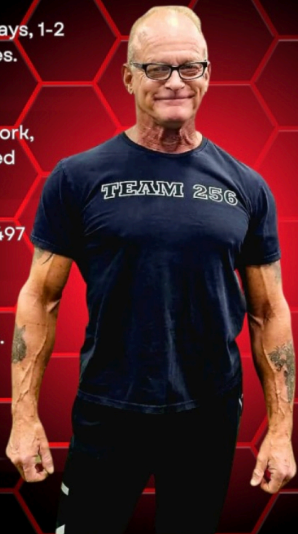
❌ Free Mini-Workshops: Tuesdays & Saturdays, 1-2 PM. Hands-on stress reduction techniques. Limited spots – sign up required.

❌ Personalized 12-Session Program: Bodywork, nutrition, and stress management tailored for lasting wellness.

❌ Affordable Investment: 12 sessions for \$497 (\$41.41 per session).

❌ Trainer Collaboration: Trainers can observe and gain valuable client insights.

❌ Transform in 45 Days: Two sessions per week for six weeks.



**Thomas Amsden**  
Personal Trainer

**JACKED &  
THRIVING**

Age Is Just a Flipping Number

SCAN ME



VISIT OUR WEBSITE

[www.thehuntsvillegym.com](http://www.thehuntsvillegym.com)

Or call us now!

256-288-5100