



SPECIALTY FITNESS

STRONG FOR LIFE AFTER 40

PRIVATE FUNCTIONAL TRAINING

- ✓ One-on-One Coaching
- ✓ Partner Training
- ✓ Small Group Training (3-4)



SOLO

\$60 /HR

Personalized coaching
designed around
your goals.

**TOTAL FOCUS.
INDIVIDUAL PLAN.**



DUO

\$30 /PERSON/HR
(\$60 Total / Hr)

Train with a spouse
or friend.

**STRONGER
TOGETHER.**



TRIO

\$25 /PERSON/HR
(\$75 Total / Hr)

Fun. Accountability.
Results.

**TRAIN. CONNECT.
GROW.**

QUAD

\$22.50 /PERSON/HR
(\$90 Total / Hr)

Maximum motivation.
Maximum value.

**MAX IMPACT.
MAX VALUE.**



MOVE BETTER

Improve mobility,
balance & flexibility.



GET STRONGER

Build functional strength
for everyday life.



LIVE LONGER

Increase independence
and quality of life.



FEEL BETTER

More energy. Better mood.
Stronger you.



**BOOK YOUR
FREE CONSULTATION**

Today!

**LET'S BUILD
STRENGTH.
TOGETHER.**

📞 720-427-0304 | ✉ david@gear4advocates.com | 🌐 www.specialtyfitness.co

STRONGER. FITTER. FOR LIFE.