



SPECIALTY
FITNESS

STRONG FOR LIFE AFTER 40



SMALL GROUP TRAINING

(60-MINUTE SESSIONS)

MORE PEOPLE. MORE SAVINGS.



1 PERSON

\$60

PER SESSION



2 PEOPLE

\$75

PER SESSION



3 PEOPLE

\$90

PER SESSION



4 PEOPLE

\$105

PER SESSION



BETTER
BALANCE



IMPROVED
COORDINATION



GREATER
STRENGTH



MORE
CONFIDENCE



**BOOK YOUR
FREE CONSULTATION**

Today!

LET'S BUILD
STRENGTH.
TOGETHER.