

# EXCELLENCE THROUGH CONSISTENT FUNDAMENTALS

## ALAMO ATHLETICS & TRAINING LLC.



### Semiprivate Group Fitness

Individual training in a small group setting. No more than 1:5 coach: athlete ratio.

### Individual Guidance, Group Rates

This small community is designed for motivated adults interested in improving general fitness and overall quality of life. The way we do that is in the Alamo Athletics and Training mission statement, 'Consistent Fundamentals'. Science has proven time and again that progressive resistance training is the safest and most effective way to improve overall health. That is what we focus on while also addressing all areas of fitness and health. We have been working out together for over 8 years as a group.

### Location

**Texas Strength Systems**  
2418 Boardwalk St.  
San Antonio TX

### Date/ Time

**Monday, Wednesday, Friday**  
**6 :30am**

### Cost

**\$150 for the group**  
**\$50 for Gym Membership**

### Contact

**Blair Sohl**  
**(210) 639- 9895**  
[Blaircsohl@gmail.com](mailto:Blaircsohl@gmail.com)