

PERSONAL TRAINING

Transform Your Body,
Transform Your Life!

Ready to level up your fitness?
Whether it's weight loss, muscle gain,
or better health, we can create a
plan tailored just for you!

SERVICES:

- Total Body Strength
- Flexibility & Balance
- Weight Loss & Toning
- Senior Fitness
- Pain Management
- Sport Specific: Golf-Tennis-Pickleball



CALL B POWERFUL TODAY 941-504-4767

PERSONAL TRAINING &
1X1 SERVICES PROVIDED BY
B POWERFUL

