

PERSONAL TRAINING SPECIAL ***NEW SENIOR DISCOUNT!***



Did you know that muscle strength declines significantly after age 50, at approximately 15% per decade? Even more reason to take advantage of working with a personal trainer.

Improve your day-to-day function, reduce healthcare, obtain more independence and enjoy a better quality of life!

It's never too late to get in the best shape of your life. Start seeing the results and feeling the difference TODAY.

Senior Rate \$25 for a 30 minute session M-F 11am-3pm

**New PT clients only.*