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Fitness

10 YR ANNIVERSARY

2005 - 2015

Open
to the
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Accessible for All *Abilities*

**Personal & Group Training with
Certified Personal Trainers Since 2005**



Available Services

(Classes Available By Appointment)

- ▶ Group Fitness Training
- ▶ Personal Training
- ▶ Home Visits
- ▶ Specialized Fitness

Benefits

- ▶ Greater Self-Esteem
- ▶ Maximize Work-Place Performance
- ▶ Create a Healthy Lifestyle
- ▶ Reduce Stress
- ▶ Promotes Socialization
- ▶ Personalized Attention
- ▶ Improve Muscle Tone, Balance and Flexibility
- ▶ Burn Calories/ Lose Weight



HOPEFitness

Making Fitness Accessible for ALL Abilities
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1(877) 396-**HOPE** (4673)



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