

INDIVIDUAL (1 ON 1) TRAINING GROUP FITNESS CLASSES AND MORE...

FREE 1st Class!



- *Burn Fat/Lose Weight*
- *Increase Muscle Tone*
- *Increase Self Esteem*
- *Reduce Stress*
- *Create a Healthy Lifestyle*

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Making Fitness Accessible for ALL Abilities

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ALL LEVELS & AGES WELCOME ~ LOCATIONS IN NASSAU & SUFFOLK



Group \$45.00 per class ~ Individual \$100.00 per class

Discounted Pre-Paid Individual (1 on 1) Packages Available ~ Since 2005 ~ 501(c)(3) Non Profit

