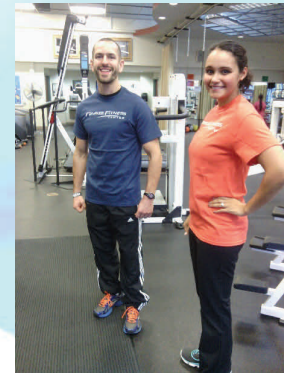


Fitness Consultations

N
I
M
K
E
E
F
I
T
N
E
S
S

- ✓ Set achievable goals
- ✓ Be encouraged to start AND continue a healthy lifestyle
- ✓ Get a personalized exercise program
- ✓ The appointment takes about 15-30 minutes.



Call 775-4690
to set up an appointment with a
Certified Personal Trainer
Jaden Harman and Jayme Green

Book a
FREE
CONSULTATION
Today!