

Real People, Real Results

Need Help Reaching Your Fitness Goals



Fit 4 You
Located at Utah Pro
Performance
3532 Galaxy Park Drive
West Jordan Utah
801.864.7940
Fit4younow@gmail.com

*Need a workout program that will fit into your "real life" schedule?
Tired of failed work out plans?
Trying different "diets" without results?
Can't afford a personal trainer?
Don't have money and space for expensive workout equipment?
Can't make it to the gym?
Here is your chance to make a change,
And see results!*

**Fit 4 You offers Morning Sunrise Group Training
Monday Wednesday and Friday 5:30am-6:30am**

Here's what a dedicated participant can expect from our programs:

*Decrease in body fat
Improvement in cardiovascular endurance
Increase in strength
Better performance at work or school
Positive energy flow
Reduced stress
Elevated confidence
Personal satisfaction
Sleep better at night*

4Week Session \$200

Different workouts every day! Never get bored!!

Fit4You provides a program incorporating Functional Strength Training and Cardiovascular Conditioning, which offers a complete solution to all of your fitness needs. The atmosphere offers you an environment to engage in fun, healthy activities that can benefit a complete newcomer to the world of fitness as well as benefit world-class athlete.

Fit4You programs are designed with the long-term benefit in mind and not just a quick fix, our programs promote the education and knowledge of correct form that goes with each exercise, giving you the tools you need to progress, obtain good flexibility and hopefully add years to your life.

With the early morning programs, you can get an amazing work-out without infringing on your daily schedule. More importantly, you will start your day energized, refreshed and ready to conquer the world.

**Work in small groups making friends and motivating each other along the way.
Learn Challenging and Effective training programs, you can do virtually anywhere.**

Call Jamie to reserve your Slot