

Your GOALS

Get an expert's opinion about your fitness goals and the best plan to achieve them!



Whatever physical goals you have set for yourself, a personal trainer can get you there faster, safer and more enjoyably!

FAST TRACK PROGRAMS

Strength Training

Weight Loss

Core Stability

Body Building

Programs for Seniors

Balance

Sports Specific Training

Functional Training

Kettlebell Workouts

CrossFit

Start Personal Training today and allow us to help you **ACHIEVE SUCCESS!**

New Members

Orientation \$25
Includes a 1/2 hour consultation and 1/2 hour workout session

3-1/2 Hour Sessions \$99

3-1 Hour Sessions \$150

1/2 Hour Sessions

1 Session..... \$40

10 Sessions..... \$350

20 Sessions..... \$600

1 Hour Sessions

1 Session..... \$65

10 Sessions..... \$600

20 Sessions..... \$1000

For more information contact

Brooke Warner

brooke.anytimefitness@gmail.com

(727) 502.9100



Fast TRACK



A comprehensive, total body exercise program

Individually tailored to meet your health and fitness needs.

A PERSONAL TRAINER EQUALS RESULTS

Working with personal training is one of the fastest, easiest, most successful ways to achieve your fitness goals



FOCUS!

INSPIRE!

MOTIVATE!

EDUCATE!

Statistics have shown that during an 8 to 12 week period, members who used help from a certified personal trainer lost an average of 16.5 pounds as opposed to members who worked on their own only lost an average of 1.2 pounds.



Benefits OF FAST TRACK

Fitness Evaluation

Assess current fitness levels and provides recommendations for frequency and intensity of workouts to achieve desired goals

Body Composition

Body Fat Percentage, BMI and other baseline measurements used for future comparisons of progress will be taken

Nutritional Information

Specific nutritional guidance tailored to your fitness goals and exercise program

Exercise Program

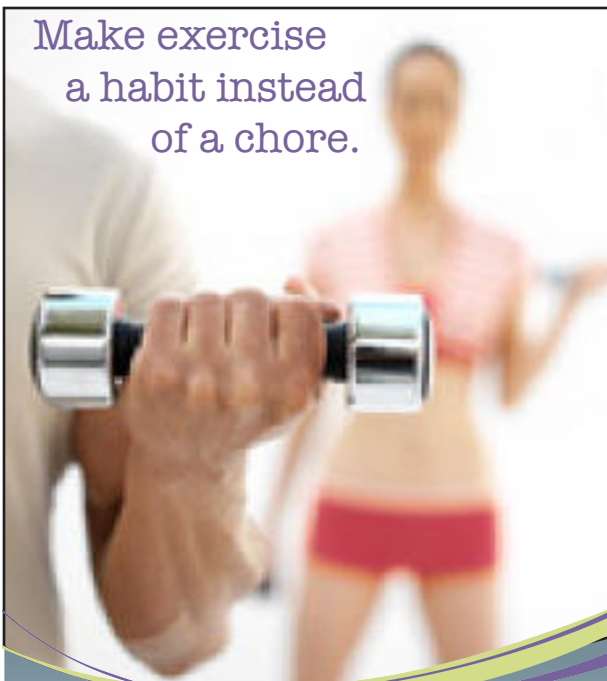
Individualized exercise prescription and orientation of equipment. Proper exercise form, breathing and techniques will be taught

30/60/90 Day Follow-Up

Provides accountability and motivation in achieving fitness goals and allows progress to be measured effectively

**\$99 value!! Offered for only \$50
within first 30 days of joining**

Make exercise
a habit instead
of a chore.



Goals OF FAST TRACK

The goal of our program is to turn you into your own personal trainer. We don't teach you how to use a particular machine -- we teach you how to exercise properly to achieve your goals!

Your FAST TRACK appointment:

Day & Time: _____

Date: _____

Personal Trainer

**See you at ANYTIME FITNESS
900 Central Avenue • St. Petersburg, FL
(727) 502-9100**

(24 hours notice required for cancellation)