

**empower
yourself
today.**



**SOUTH PARK
FITNESS**

(619) 316-2333

**2215 30th street
san diego, ca 92104**

southparkfitness.com

Thank you for your interest in **South Park Fitness**, a Personal Training Center dedicated to improving lives through health and fitness. Our mission is to provide you with comprehensive training programs that progressively and continuously produce results in a friendly environment that is personal and professional.

South Park Fitness is not just a gym. We are a result based personal training center that provides education, motivation, and accountability for those who are serious about getting into shape. Our goal is to empower you by improving your physical strength, muscle endurance, flexibility, and balance, while reducing body fat.

Sample training programs:

- Strength, endurance, and flexibility training
- Weight loss and muscle toning
- Core stabilization and posture improvement
- Bad backs to better backs
- Sport specific training to improve performance
- Seniors - fit for life (and grandchildren)
- Moms - new and expecting!

Benefits you can expect:

- Increase strength & energy
- Improve balance & flexibility
- Develop & define a strong body
- Control of body weight
- Relieve stress & improve mood
- Improve quality of life
- Prevent injury & speed recovery

Personal Training:

60 minute training sessions:.....	\$60 - \$75
30 minute training sessions:.....	\$40 - \$50
Partner training sessions:.....	\$100

Reduce your cost, bring a friend!

Cardio Access:.....\$75/month

For clients who are putting in extra effort to reach their health and fitness goals. You must workout with a trainer a minimum of once each week to get Cardio Access.

Circuit Training Classes:.....COMING SOON!

A cardiovascular weight training class that moves quickly from one exercise to another to strengthen all major muscle groups while keeping your heart rate elevated to burn calories and body fat.

South Park Fitness is owned and operated by Robert Pouliot, whose friendly and motivating personality will help you to reach your goals. He has a degree in Exercise Science/Business Management from Montana State University, and has been certified by the American College of Sports Medicine. He has successfully operated his own personal training business for the past 20 years and is a published health and fitness author. He is happily married to his wife, Kelly, and is the proud father of his two sons, Jackson and Marley.

Call now to set up a 15-minute consultation. Let's discuss your goals today.