

Number One on your Christmas wish list:

- Package Of Personal Training Sessions
- Gym Membership
- Membership To A Yoga Studio
- Not Another Fitness Toy That Will Collect Dust Or Color All The Clothing That Needs Ironing.

I have been in the fitness industry since I was seventeen years old. I was an amateur kick boxer, self-defense instructor, and weight lifter and spinning instructor. I taught the top personal trainers in NYC.

NOW I am 38 years old, have a 9-year-old boy, a family, six animals, a house and a personal training studio, and the realities of a slower metabolism are all too real to me.

I schedule myself in with my personal trainers three times a week because, even though I have a gym in my garage, I will not work out without that commitment at this point in my life. Granted it is different for me when I train with my trainers. I get a chance to evaluate them and teach them, along with the routine that they are doing for me. It is mutually beneficial.

For you the three times a week that you come into the studio would look like this:

Walk in the door and a bottle of water is handed to you along with a towel. Warm up for five minutes. Your trainer brings you into your own private suite, which is not cluttered with reminders of the clothes that need ironing. Hopefully, for the time that you are in the studio, you turn off your cell phone and allow your personal training session to remove you from all of the hassles of the day. Following is 45 minutes of sweating, working on the program that was designed strictly for you, finishing off with 30 minutes to an hour of cardio while you watch your own TV with the headphones that we provide for you.



Sounds good! Nevertheless, I know - When do you fit this in? It has to be a total commitment from within. It has to be a priority that is budgeted into your busy schedule. You have to want to keep that healthy body and firmness that only comes naturally in a 21-year-old's body.

***This is what we at Fitness Together
- Fort Lauderdale are here for.
You! Your time!
Your commitment! Your stress release!***

Call us now! Do not wait for New Year's resolutions to trick you into thinking your whole life will change because you put health and fitness at the top of the list.

Wendy Tarlow, President
Fitness Together – Fort Lauderdale
1759 East Commercial Blvd
The Shoppes at 18th & Commercial
Call us for a complimentary session.
954-491-7988

www.ftpersonaltrainers.com
www.cafepress.com/ftflauderdale
(Our online clothing store – great gifts for the holidays!)