



What's the **Secret** of Fitness Together??

Clients of Fitness Together come for many reasons. Some come for weight loss, others for motivation and some for strength, but an overall trend is that our clients come to us and stick with us for a combination of factors that make up the unique Fitness Together concept. The following testimonial is from a client that spends her winters in South Florida, was looking only for a place to keep up with her current training program, but was not interested in monitoring any sort of progress. But, in the process, she increased her strength and confidence in her physical abilities and even reduced her blood pressure.

If you could imagine a fitness studio where: the staff is friendly and incredibly competent; the location itself is clean, well maintained, quiet; a huge variety of equipment is always available to you; you could always have flexible scheduling and yet build a long-term relationship with your trainer; and finally, where the workout routine never ever gets dull – I suspect you'd sign up right away. And I also suspect that, given all I've described, just about all your excuses not to exercise would basically disappear!

Well, I found such a place – FITNESS TOGETHER in Fort Lauderdale. I am staying with my program, am increasing my strength and flexibility and have greatly improved my balance – and I am never bored! There is EVERY reason to stay with my program at Fitness Together—Fort Lauderdale. I've found it amazing that my routine has been as varied as it has, that I've felt really well throughout and that I'm having a terrific time. For me, the right trainer and equipment, with a personal program just for me and the scheduling flexibility I have, I've found a match which was missing in many other operations.

If personal training is something that is within your reach financially, I urge you to visit Fitness Together. If you've tried other personal training programs and have quit, I challenge you to try Fitness Together.

Fitness Together has such a unique concept which makes all these advantages possible: a ratio of one trainer – one client and one private space to exercise for each client. While privacy is not an issue with me, exercising with just my trainer helps me keep my focus and, at the same time, has let me develop a one-on-one relationship that's very important in my life! Eighteen months ago I made a commitment to myself to include personal training in my weekly schedule, and in my monthly expenses. No question – that's the best decision I've made in ages. And when I found Fitness Together this last fall, everything I need came together.

Susanne, Retired
Ft. Lauderdale/Washington D.C.

Call to set up a free consultation today! (954) 491-7988
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