

Looking Fabulous for the Summer!

By WENDY TARLOW, OWNER FITNESS TOGETHER – FORT LAUDERDALE

Personal trainers are your own private coaches. They can help take your commitment towards reaching your fitness goals to the next level. Strength and fitness training have come of age. The 21st century has created fitness equipment that truly works with your body. Functional training has been used with athletes and in rehabilitation settings for over fifty years and has finally made it into the main stream. Balance boards, stability training, aggressive core training and advanced cable machines all train your body from the inside out, providing the fastest and most long- lasting results.

Our personal training programs offer the most advanced goal-oriented one-on-one fitness training programs for men and women. Our clients train in the privacy of cutting edge, luxurious, one-on-one personal training suites. We offer comprehensive fitness assessments and nutritional plans that are conducted by one of our certified personal trainers.

Build a complete foundation with our functional training methods. Anyone. Anywhere. Any time. Look great! Get stronger! Have more energy! Kick your training into a higher gear ... Fitness Together in Fort Lauderdale offers a one-of-a-kind program!

We will ensure that you lose body fat, increase lean body mass, increase muscular strength, muscular power and muscular endurance and, most of all, will walk out of our studio looking fabulous!

At Fitness Together, we train weekend warriors, homemakers, business professionals, athletes and other fitness enthusiasts.



Whether you want to train for an athletic event or just improve your golf or tennis game, call us now at (954) 491-7988 and schedule your first session! You can also read more about us on the web: www.ftpersonaltrainers.com.

Fitness Together – If you want to get personal about private training, contact: Wendy Tarlow or Patrica Felizzola at 954-491-7988