

Two Sessions For the Price of One

(must bring this postcard)

Enroll in our special weight training sessions geared for the 40 plus age group and receive, one on one personal training with a well qualified fitness expert, with over 29 years of professional experience.

We have a well-equipped facility, conveniently located in Westchester, other services include:

- computerized nutritional diet analysis
- aerobics/cardiovascular training
- motivational therapy

The mind controls the body. Strengthen your spirit and mind daily. The body is the true house of God! Fitness is a journey not a destination, develop a life time commitment. In other words get intimate with yourself.



**THE FORUM
PRIVATE FITNESS CLUB**
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