

# pulse fitness professionals

we've felt our pulse... and made it our passion

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## on-site personal training

No equipment? No problem. We bring everything you need to experience the best private workout in your home, condo, or workplace!

## indoor & outdoor fitness bootcamp

Lead by a fitness professional NOT a drill sergeant. Our trainers take group exercise to another level by combining functional strength training, core exercises, and creative cardio workouts. This exciting team workout is for all shapes, sizes and fitness levels!

## running class

Why run alone, when you could have the motivation and push of a pulse trainer running with you? As runners, we have the knowledge and advice you need to cross the finish line faster.

## fitness management, staffing and consulting

Whether evaluating the feasibility of a program, starting up a new program, or transitioning services from other providers, we deliver cost-effective, convenient and customized fitness and wellness solutions. With highly qualified health and fitness professionals, we deliver the staffing and program management options that meet your organization's needs.

\*Our personal training programs are not limited to one person; groups are highly encouraged. All clients will receive an individualized consultation, resistance training regimen, stretching routine, cardiovascular program, and nutritional counseling; all tailored to help you achieve results.

\* \*Additional special services upon request: bride-to-be, post-natal, golf fitness, post-rehab, youth fitness, sport specific training, weight loss program, in-home equipment introduction, wellness program and massage therapy.

