

- Flexibility assistance
- 30-60 minute HIIT – (High Intensity Interval Training) Sessions
- Diet program with monitoring
- Recipes and supplement consultations
- Weekly motivational contact
- Personal e-mail and phone support
- Weekly weigh-in, measuring and body fat check
- Food Log
- Speed Training



Personal Training & Fitness Coaching
For Body, Mind & Spirit

Economical Fitness
Coaching

Guaranteed Results



**TOTAL
FITNESS**
9801 Anderson Rd.
Piedmont, SC 29673