



# TRAINER of the MONTH

**10% Off  
Training Package for  
Current Clients**

## **Dominic Cappozzo**

**25% Off  
Training Package for  
New Clients**

Injury Prevention  
Injury Management  
Nutritional Education  
Weight Management  
Strength and Conditioning  
Improving Overall Health and Wellness

### **Philosophy of Care:**

**Through a tailored approach to your individual needs, I am here to help achieve all your goals. From the gym to helping you create a healthy lifestyle at home, I can create a plan for you. "Do something today that your future self will thank you for!"**

**Please contact Anne Barber to receive your discount at (262)513-7209**

*\*Limit one package per member*

10% discount for any current personal training client, 25% discount for a client new to personal training