



TRAINER of the MONTH

Craig Nagy

**BS in Exercise Science
Minor in Sports Nutrition**

Level 1 TRX Trainer

Weight Loss

General Health

Strength and Conditioning

Sports Specific Training

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

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

In high school I had a pretty life changing injury and ever since meeting and working with my physical therapist my life has been focused on exercise and nutrition. I know the difference between mental and physical strength. This has always kept me focused on being an active person and always trying to help others have the same great experience with exercise. Break a sweat every day!

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