

TRAINING FOR EXCELLENCE IN SPORTS PERFORMANCE AND FITNESS

CALLING ALL ADULT ATHLETES

Functional Training



Want to get in the best shape of your life?

Tired of the treadmill and weights?

NEVER DO THE SAME WORKOUT TWICE!
exercises include: all body weights, medicine balls, band and other training techniques.

Tuesday & Thursday
6:00-7:00am & 9:30-10:30am

Price - \$225.00 for 10 sessions
(less than \$23/session)

All levels welcome!



Call today to schedule your first complimentary session.

Give us a call at 609-882-0054 or Email us at performance@peachealthfitness.com

1440 Lower Ferry Road, Ewing, NJ 08618 ■ (609).882.0054 ■ www.PEACperformance.com