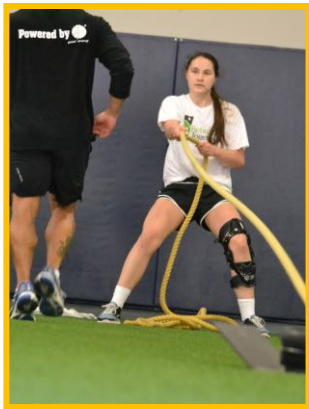


# PERSONAL TRAINING

You do not have to be an Athlete to exercise at Good Energy Training, but your desire to be more ACTIVE must be a priority. For the business man or woman, the homemaker or weekend warrior - we will learn your health history, determine your current fitness level, and configure an appropriate exercise routine for your fitness goals. We can help you whether your goal is to become more “lean”, get stronger, or just move more efficiently due to your sedentary work environment.

## WHY DO PERSONAL TRAINING WITH THE GOOD ENERGY TRAINING TEAM?



POST THERAPY



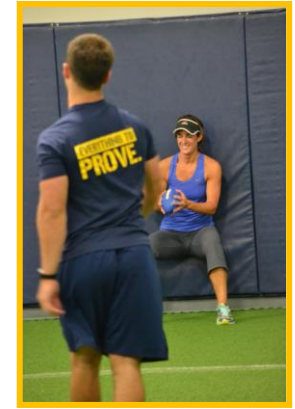
WELLNESS



INDIVIDUALIZED



CHALLENGING



PERSONAL

Each workout is pre-scripted prior to your session. We will monitor your progress on a workout to workout basis. Goals will be set based on your commitment to Good Energy and living a healthier everyday lifestyle. The Good Energy Training staff will guide you through your fitness journey and will take every step with you in your personal quest to reach your goals!

Our Private facility and Personal attention will help maximize your potential to reach your desired fitness level and our expert staff can “change your life” with our ability to motivate, adapt to your individual needs, goals, mindset, and train you in our warm & upbeat professional facility.