

# ONE ON ONE SESSIONS

AT STUDIO-310, WE KNOW WHAT IT TAKES TO ACHIEVE FITNESS GOALS. WHATEVER YOURS MAY BE, THERE IS AN INSTRUCTOR AT OUR FACILITY WHO CAN DESIGN AND EXECUTE A PROGRAM TO DELIVER RESULTS FOR YOU. WE ALL HAVE DIFFERENT GOALS, WANT DIFFERENT RESULTS, AND NOT ALL "BODIES" ARE CREATED EQUAL. LET ONE OF OUR INSTRUCTORS TAILOR A CLASS SPECIFICALLY TO YOU.

## HOW IT WORKS

- YOU CHOSE FROM ANY CLASS ON OUR SCHEDULE
- SET UP A *FREE* CONSULTATION WITH YOUR INSTRUCTOR
- DISCUSS YOUR FITNESS GOALS WITH YOUR INSTRUCTOR
  - PERSONALIZE A PROGRAM
  - SCHEDULE YOUR WORKOUTS
  - PREPARE FOR AMAZING RESULTS

## STUDIO-310'S STAFF IS:

- PROFESSIONAL
- CERTIFIED
- KNOWLEDGEABLE
- PERSONAL, FRIENDLY, OUTGOING
- EFFECTIVE
- PROVEN TO HAVE REPEATEDLY DELIVERED RESULTS
  - FLEXIBLE
  - AFFORDABLE
- AND WILL GIVE YOU "THE BEST HOUR OF YOUR DAY"

"YOU HAVE NOTHING TO LOSE BUT INCHES"

CALL OR EMAIL TO SET UP YOUR *FREE* CONSULTATION

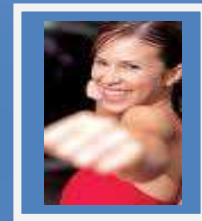
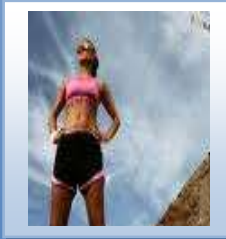
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STUDIO 310

"IF YOU DON'T TAKE CARE OF YOUR BODY, WHERE ELSE ARE YOU GOING TO LIVE?!"



YOUR BODY IS YOUR BEST INVESTMENT

STUDIO 310 IS THE ONLY PLACE WHERE YOU CAN GET THE BEST OF BOTH WORLDS