

Senior Fitness

**\$10 per person in groups
of 10 or more per class
or schedule one on
one training for only
\$30 per 1/2 hour with a
qualified 20+ years
experienced instructor**

Personal Training is...

- 1. Based on your individual needs and goals***
- 2. Working with a certified experienced instructor who works with people with medical conditions***
- 3. Having your questions answered and informed of the proper way to do the techniques***



**Karate, Fitness
or Self Defense**

What things will I do?

*Work with light free weights
Band, Bag, Target or Large Ball Exercises
Stretch for flexibility and better health
Light Cardio in a way you can handle it
Work on your fitness and nutrition goals
Learn personal safety if you desire using
common things like a purse, pen, umbrella etc.*

Why should I work out with a trainer?

*Improve health problems or prevent them
like brittle bones, high blood pressure,
heart disease, diabetes, stiff aching joints,
slow the aging process, lose weight or
gain strength, improve self confidence,
sleep better, make wiser choices in eating,
feel better about yourself, have more energy*

514-4334 or 566-4544

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