

TAKE IT TO THE NEXT LEVEL!

"I've been training with Nick at Nick's Pro Fitness for almost 3 years now and I feel like I'm in the best shape of my life. I was a past collegiate gymnast and have always been an avid runner, cyclist, swimmer, triathlete and skier. Since joining Nick's, however, I feel like my health and overall fitness has gone to a whole new level. I'm much more balanced in my fitness - dramatically increased core body strength, anaerobic/aerobic capacity and flexibility. Training with Nick has actually made me significantly stronger in my other activities. Just as important, Nick is an amazing motivator, mentor and leader. He takes a personal interest in every one who attends his class and tailors the types of exercises and intensity to each individual. Nick's is also a great community - I've met so many amazing people that are equally focused on long term health and fitness - age is only number! Nick's Pro Fitness is an incredibly positive and healthy environment and I see myself training with Nick for many years to come!" - Brent Johnson



NICK'S
PRO FITNESS
THE PLACE TO GET FIT

**If you want to get results
and change your life,
call Nick today!**

**Free Trial Week Available
(new members only)**

www.NicksProFitness.com

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