

Lifestyle Fitness and Nutrition



Personal Training and Fitness Center

- ➡ Personal Attention in a Private Atmosphere
- ➡ Special Programs for Children
- ➡ Family discounts available

Just look at what LFN can offer you:

- ❖ Personal Training, Fitness Coaching and Nutritional Profiling.
- ❖ Special weight loss programs for children and adults.
- ❖ Special sports enhancement programs for the young athlete.
- ❖ Networking with local hospitals and care centers.
- ❖ Quality LFN Brand supplements without empty promises.
- ❖ Health and Fitness related Books and Videos.

No Contracts and No Initiation Fees
Clean and Personal Exercise Area
Free Towel Service
Private Shower Room
Private Changing Rooms
Cable TV In Cardio Area

Tired of being a number at the large clubs?
Tired of Trainers making promises, but not delivering?
LFN has been in business since 1996.
We deliver results, not empty promises!

www.LFNonline.com

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