



F.I.T. Worth Fitness News

Trainer's Corner www.fitworth.com "Keeping Fort Worth Fit"

Pre-summer News 2007

Members: Now is the time to start that new fitness routine you have been planning since the holidays. We here at F.I.T. Worth are very excited about our new, exclusive, outdoor, training area. We will be offering outdoor group classes, pilates, cardio boxing and much more. Also, we are now offering Cardio Boot Camp every Saturday morning. There is no better time to get into swimsuit shape than now. The entire F.I.T. Worth staff is here to serve all your fitness needs !! - Mark

Before you know it, the always – exciting swimsuit season will be here. What can you do to get/stay in shape so that your body will look great in the sun? You guessed it: join F.I.T. Worth Fitness and become part of the elite company at the gym in Fort Worth that everyone's talking about. With a great location, affordable rates, and a handful of terrific trainers, we can help you achieve your spring-time goals so that you'll be fully satisfied with your physique. - AJ

Spring than summer: We are all on the same page, when it comes to the spring and summer. Time has come for the ones that not only think Fitness; yet yearn to become physically fit? We may talk a good talk about getting into great shape, but now is the time before the spring and summer depart.

Here at F.I.T. Worth Fitness is the perfect opportunity to fulfill all your unachieved fitness goals. F.I.T. Worth Fitness has the very best Personal Trainers. With the gift of helping clients whip themselves into great shape. F.I.T. Worth Fitness provides great Personal Training, Cardio Boxing, Boot Camp, Nutrition Counseling, and Pilate Classes. As a Personal Trainer with F.I.T. Worth Fitness! I, Reginald Shepherd recommend you to help yourself to a new you. And a new spring and summer. -Regi

The rain is leaving, the sun is coming out, and NOW it is time sweat! I want to help you reach any and every goal you have for this swimsuit season—and beyond. We have a new addition to our unique set-up: an outdoor deck for group exercise classes and one on one workouts. Join me in the life-

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Fun in the Sun!

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you feeling
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Melanie

Team Members/Trainers

Mark Hubbard (Trainer/Owner)

Steven Faifer (Trainer)

Reginal Shepherd (Trainer)

A.J. Ridgeway (Trainer)

Melanie Cernoch (Trainer)

Lisa Crabtree (Trainer)

Larry Kelly (Office Manager)