

"ACHIEVING YOUR GOAL IS OUR OBJECTIVE."



OPEN HOUSE WEEKEND
MARCH 15th, 2008 FROM 10 – 4 PM.

GRAND OPENING
MARCH 17th, 2008

SERVICES LIFT OFFERS:

- INDIVIDUAL PERSONAL TRAINING
- 30 MINUTES INDIVIDUAL PERSONAL TRAINING
- GROUP TRAINING SESSIONS (4 PER GROUP)
- 50 + PERSONALIZED TRAINING
- HIGH SCHOOL AND COLLEGE STUDENT TRAINING
- MOTOR DEVELOPMENT & YOUTH SPECIALITY TRAINING
- BODYBUILDING POSING SESSIONS
- 8 WEEK SPECIALITY CLASSES FOR WEIGHTLIFTING TECHNIQUE
- INDIVIDUALIZED PROGRAM DESIGN
- STRUCTURAL BALANCED TESTING FOR ATHLETES
- INDIVIDUAL CLIENT ASSESSMENTS

LOCATION:

6061 CHANDLER COURT
WESTERVILLE, OHIO 43082

FIND US ON THE WEB

WWW.LIFT-FITNESS.COM

PLEASE CONTACT:

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ASHLEIGH KATZENMOYER, MA, IPPC1-CPT
(614) 915-1187

ABOUT LIFT:

L.I.F.T. offers the very finest of integrative health services to complement your strength training needs. At L.I.F.T., we focus on the individual's structural body needs by designing workouts implementing our strength training philosophy. We are dedicated to offering our client the highest form of life improvement functional training, by integrating alternative and complementary practices to meet the individual's needs.