APEX PERSONAL FITNESS

Change You're Life One Workout At A Time



UNLIMITED PERSONAL TRAINING

Enjoy the luxury of a one-on-one personal training session every day!

Custom Tailored workouts specific to your health and wellness goals.

One flat price of \$300/ month includes:

- Daily Tailored Personal Training sessions
- Cardio Vascular Exercise Program
- ▶ Tailored Nutrition Program
- Supplement and Vitamin Guidance
- Progressive Measurements

Contact us to Get Started Today!

2416 MILITARY RD

NIAGARA FALLS, NY 14304

Business Hours:

Open 24 hours, Staffed by Appointment Only.

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