

TAKE CONTROL OF YOUR LIFE

- ~ Learn Different Workouts
- ~ Perfect Lifting Forms
- ~ Change Your Body
- ~ Feel Confident at the Gym



INCREASE...

- Muscle Mass & Tone
- Stamina & Endurance
- Balance & Flexibility

DECREASE...

- Stress & Anxiety
- Blood Pressure & Cholesterol
- Risk of Injury

Derrick Cook NASM Certified CPT

(719) 459-1180

derrickcook@mac.com (Call, Text or Email)

(Mon - Sat with Flexible Times)

FREE

60 MINUTE WORKOUT

Come See if this is a Good Fit for You.

This is a **SPECIAL OFFER** to introduce my business to new clients. Please mention this coupon. Expires 5/15/25