



ADVANCED FITNESS CONCEPTS – Gordon Waddell, PES, CSCS, CES

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ADVANCED FITNESS CONCEPTS

10% OFF on individual personal training
15% OFF on "Buddy" training
20% OFF on small group training up to 3 people.

FREE in person 1 on 1 consultation
90 minute fitness assessment included with all packages

[FREE workshops & seminars \(in studio or at your site!\)](#)

New PRIVATE Studio with NO membership fees!
FREE off street parking in private lot



For more information & to see the studio



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latest interview!



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