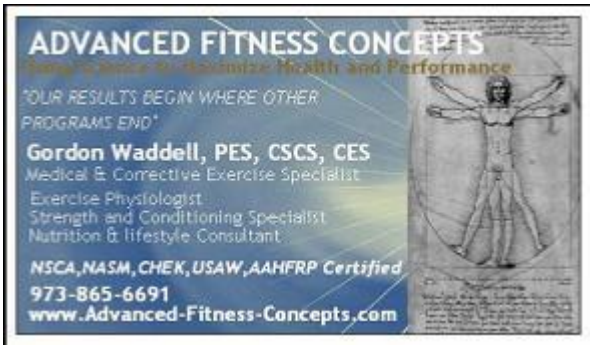
THANK YOU FOR ATTENDING MY MAY IN MONTCLAIR 2016 WORKSHOP!!

I hope you enjoyed yourself and benefit from the information. For those who wish to learn more and have a professional program designed for you I am offering a special until 5/31/16 on my training services *EXCLUSIVELY* for May in Montclair attendees and their families:

I am offering *20% off* my Comprehensive Training Package, *35% off* "Buddy Training" packages, and *10% off* the 5 session introductory package!!!



Easy payment plan with NO commitment

All Major Credit Cards Accepted

The Training Package *includes* all of the following:

Extra BONUS: The comprehensive assessment is FREE - a $150.00 Value!

In-depth Fitness Assessment including:

Detailed Health & Injury History

4 View Postural Exam

Functional Movement Screen (FMS)

[Click to learn more about the FMS](#)

(**I am the only CERTIFIED FMS Specialist in Montclair **)

Flexibility & Joint Range of Motion Testing

Balance & Coordination Testing

Core Stability & Core Strength Assessment

NEW for 2016 ADVANCED DIGITAL POSTURAL SCREENING & BODY FAT ANALYSIS (No calipers, pinching, measuring or weighing - CAN BE DONE FULLY CLOTHED !!)

NOW Featuring the NEW Skulpt Body Composition analyzer as well!! Skulpt not only gives you a total body fat % but can give an individual muscle fat % AND a muscle quality rating to track specific increases in lean muscle gains!

http://youtu.be/TkgHg39BtRk

In addition, Functional Movement patterns are analyzed with precise accuracy using video imaging as well:

http://youtu.be/tZeNYqYuRCs

Personalized Training Program based on YOUR goals and assessment -NO COOKIE CUTTER, 1 SIZE FITS ALL PROGRAMS:

1 -on -1 sixty minute Personal Training Sessions in a Private, State of the Art Training Studio ***(Climate controlled, FREE off-street parking, WiFi, full amenities)***

Sports Conditioning & Performance Enhancement (NSCA Certified Strength & Conditioning Specialist, NASM Performance Enhancement Specialist, USAW Sports Performance Coach)

Corrective Exercise & Injury Post-rehabilitation **I am also the only <u>certified</u> Medical AND Corrective Exercise Specialist in Montclair*

Nutritional counseling with metabolic typing test
FREE admission to my In-studio health & fitness workshops and seminars!!

Supplemental home and travel training programs!

Outdoor training sessions (spring - fall)

ALL ASSESSMENTS AND TRAINING SESSIONS ARE PERFORMED BY ME, Gordon Waddell, PES, CSCS, CES

Our *PRIVATE* studio features: Free weights, TRX suspension training, Kettlebells, Heavy ropes, Total Gym, Interval training, Outdoor workouts, Boxing AND MUCH, MUCH MORE!!

Only 4 WEEKS UNTIL Memorial Day 2016; *Will YOU be READY???*

Gift Certificates available

Local In-home training for those who qualify

Schedule your FREE consultation and get started *TODAY!*

Gordon@Advanced-fitness-concepts.com

973-865-6691

ADVANCED FITNESS CONCEPTS

Gordon Waddell, PES,CSCS,CES

Entering the 11th year as Montclair's PREMIER Health & Fitness Professional!!!

Click here to learn more about me

Click here to read client testimonials

Let me help you change your life today!

*****Offer is LIMITED to NEW clients only*****

****ALL training packages (except the 5 session intro package) are 3 month contracts with no further commitment beyond the 3rd month for either party. Installments are due at the first session and the first week of the next 2 consecutive months by personal check or credit card EFT - NO exceptions.****