



Premier Group Training

**Fitness You'll enjoy:
Your friends...Your Home...Your Personal Trainer**

About "Premier Group Training"

You get the personalized attention you need and deserve in sessions limited to a small number of participants who are matched to your level of fitness. We know that starting a new exercise routine can be difficult, both physically and mentally.

Fitness on the Move's small group setting is relaxed, fun and supportive.

Sessions are customized to meet your fitness needs.

Features	Available from Premier Group Training by Fitness on the Move	Available from your local Gym
Personalized initial consultation	√	Sometimes
Sessions matched to your ability level	√	Sometimes
Customized programs to meet your personal fitness goals	√	N/A
Mutually established goals and milestones	√	N/A
Tracking of your fitness progress	√	N/A
In class feedback about progress	√	N/A
Regularly scheduled follow-up consultations for reevaluation	√	N/A
Incentive programs for reaching milestones and goals	√	N/A
Small class sizes	√	N/A

How does it work?

Step 1 - Call today to schedule your initial consultation.

Step 2 - Attend initial consultation: together we identify your current fitness level and your fitness goals.

Step 3 - Schedule and attend Fitness on the Move sessions.

Step 4 - Schedule and attend follow-up consultation: we track and provide feedback on your progress toward your goals.

Step 5 - Celebrate attaining your fitness goals.

Call now to set up your initial consultation (858) 566-7951

Fitness on the Move, Inc.

Fitting Your Lifestyle.

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