



Fresh Start

SETTING YOU UP FOR SUCCESS!!

1 Hour Assessment.

5 Components for Fitness Success.

1. One-on-One Advice

All assessments conducted by a certified *SmarTTrain Trainer*

2. Personalized Goal Setting

Develop specific health, fitness, and performance goals

3. Complete InBody570 Assessment

Comprehensive print out of your fat, muscle, and body water analysis

4. Functional Movement Screen (FMS)

Identify limitations and asymmetries (joint or muscle imbalances)

5. The "Fresh 5" Challenge

A FUN yet heart pumping experience! 5 Exercises! 5 Minutes! **Let's GO!**

InBody570

Fresh5 



WHEREVER YOU ARE...

WE'LL MEET YOU THERE...

AND SEE YOU THROUGH THE FINISH!!

Please see the Front Desk for a Fresh Start Appointment.



LITCHFIELD
ATHLETIC CLUB