

# Work Smarter, Not Harder! Let Us Take You to the Next Level!!



## WHY CHOOSE A SOLÃO PERSONAL TRAINER?

- Increase your motivation!
- Learn proper, safe techniques!
- Increase the efficiency of your workout!
- Great way to get started if you are new to exercise!
- Break through plateaus!
- Lose weight!
- Achieve Your Goals!

**Sign Up Today and Receive a  
FREE Fitness Assessment!**

**One-on-One and Small Group  
Options Available**

**Discounted Packages Available**

**SOLÃO**  
FITNESS+DANCE STUDIO

*A recent study by the American College of Sports Medicine suggests that exercising with a personal trainer can improve your strength by up to 45% more than exercising without supervision, and can help you achieve that goal up to 30% faster.*