

Fit 'N' Firm is pleased to announce

Fit Recovery

LET FIT 'N' FIRM HELP YOU IN
YOUR RECOVERY FROM:

- ORTHOPEDIC SURGERY
- CHEMO TREATMENT
- DISCONTINUED PHYSICAL THERAPY
- INACTIVITY AFTER A LONG ILLNESS

Whatever your ability, Fit 'N' Firm will create a program to help you regain your strength and mobility. Training sessions are also available for seniors seeking to improve their flexibility, balance, and muscular strength.

Couples training available.

Snowbirds Welcome!

Pay only for the time you are at the gym. Get in shape before you head south!

Call 908-281-0013

or email onefitnfirm@yahoo.com

to reserve your spot.

Mountain View Plaza, Hillsborough NJ