



Family Fitness for *Everyone!*



www.thefitnessclinic.com
www.golf-fitness-program.com
www.summitpdi.com



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The Fitness Clinic® is a research based wellness and fitness company. We want to save you time and money. That is why we provide our clients with scientifically proven fitness programs that address their individual physical and mental needs.

At **The Fitness Clinic®** we will help you reach your goals. It does not matter

what phase of your life you are in we will help you design and implement a wellness and fitness plan that fits your needs as well as your busy schedule.

- Performance Improvement and Personal Development
- Flexibility and Injury Prevention Programs
- Scientifically Designed Fitness Training utilizing OPT™ (Optimum Performance Training™) model by NASM™ (National Academy of Sports Medicine™)
- Weight Loss for Kids and Adults
- Sport Specific Training Programs
- Personal Training at Our Gym or Your Home
- Full Service Private Gym—No Crowds
- We Make Efficient Use of Your Time
- IMDHA™ (International Medical & Dental Health Association™) Certified Hypnotherapy to Improve Health, Performance, and Quality of Life
- Research Proven Programs
- Medx Factory Trained Back Rehab Programs
- Post-Rehabilitation and Postural Correction Programs
- Traditional Chinese Martial Arts Ranking by the ISCA (International Shuai-Chiao Association™)
 - Shuai-Chiao (Chinese Wrestling)
 - Chang Style Tai Chi Chuan
 - Muscle Restructuring
 - Iron Palm
 - Iron Body
 - Qi-Gung, Meditation, and Bone Marrow Washing



Member



“The only limitations one has, are set in his or her own mind”