

EMPOWERED

T R A I N I N G

With Jonathan Sorto-Velasquez C.P.T

- Small Group Training (3-6 people per session).
- Shake up your workouts and maximize your results with a complete trainer led, ever changing, full body, 45 minute intensity sensitive workout! (upstairs gym).
- Progression and regressions for all types of physical fitness levels and capabilities using functionally oriented exercises.
- Nutritional Coaching / Weekly E-mail support.

Register at the front desk for 2 free training sessions!

The 2 free Empowered training sessions are available to all World Gym members. Sessions begin Monday October 19, 2015. Empowered training will offer sessions in 6 week segments (1, 2, or 3times/week) starting at just \$99 .To register for your free sessions register at front desk or contact Jonathan at jsortovelasquez@aol.com or (516)782-7753.

Change your mindset, your body, and your life!