



*Finding it hard to stay fit?
Are you sick of feeling sluggish and unhealthy?
Did you join a gym but barely ever go?
Are you stuck doing the same routine and want to “switch it up”?
Do you want to workout while your child is in dance class?*

If you answered **YES** to any of the above questions, then the **Allegro Fitness** Studio may be just what you’ve been looking for!

Brad McLaughlin is pleased to introduce **Allegro Fitness** - a Personal Training Studio - where men and women may work one-on-one with him to reach their **fitness goals** through personally-designed exercise programs. Brad studied Exercise Physiology at the University of Massachusetts at Lowell and attended Palmer Chiropractic College in Davenport, Iowa. In 2007, Brad became a certified personal trainer through the American Council on Exercise (ACE). He works with people of all abilities – from the seasoned athlete to those with extensive health issues such as diabetes, high blood pressure and knee replacements. Brad also instructs dancers and adults in Allegro’s Stretch & Strength classes. He is **thrilled to introduce personal training to Allegro** and help more people reach their goals of living a healthier life!

Allegro Fitness has:

Free Weights
Stability balls
Bosu Balls
Elliptical Machine
...and more!

Personal Training Prices:

All sessions are for 45 minutes
\$45 for a single session
\$40/each for 18 sessions = \$720 - save \$90
\$35/each for 36 sessions = \$1,260 - save \$360
\$30/each for 50 sessions = \$1,500 - save \$750

Contact Brad at 886.7989 or brad@allegrodanceonline.com
to learn more or schedule your first session!