

PERSONAL IS BETTER

Get Fit... Do it Right makes fitness personal again. Our intimate setting motivates you to become healthier, in turn improving your self image.

Live Fit is not just our motto, it is how you will live you life!



**GET FIT...
DO IT RIGHT**
Fitness ■ Studio

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LIVE FIT



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LIVE FIT

GET FIT... DO IT RIGHT

We are an intimate personal training studio that emphasis "Living Fit" .

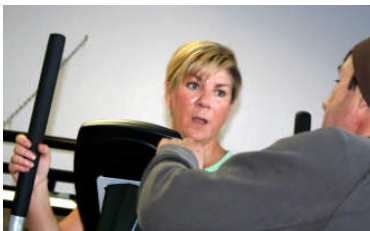
Our mission: Assist people of any fitness level, age or gender to increase their health and outlook on life with positive encouragement and comprehensive exercise programs.

Get Fit... Do it Right is not only our name its what we do best!

PERSONAL TRAINING

You won't feel intimidated like you do at the oversized gyms. It's like having your own personal fitness studio and trainer.

Our trainers are certified and licensed in the latest personal fitness trends. Their life experiences reflect our Mission Statement [they've changed their lives with improved eating and regular exercise] .



GETFITCAMP

- Sick of doing the same old workout alone?
- Frustrated because you are not seeing the results you desire?

GetFitCamp is for you!

Our camp is a rigorous cardio and core fitness workout that combines all types of group training styles from military to athletics.

OurGetFitCamp consists of small groups so you still receive personal attention from your trainer. This allows everyone from the fitness novice to the expert to progress at their own pace.

Classes are held at convenient times throughout the week. Weather permitting classes will be conducted outside as well as indoors.

HEART BEAT FITNESS

Heart Beat Fitness is the latest fitness craze that you might not know about. Combining cardio dance with rhythmic drum beats, this new class is as fun as it is heart pumping.

You have never enjoyed burning calories like this. Once you try it you won't want to stop.



WORKPLACE FITNESS

Our programs are designed to accommodate various fitness levels from the beginner to athlete. We emphasize developing lifelong healthy habits.

Benefits include:

- Improved health
- Reduced absenteeism
- Improved morale
- Increased productivity
- Reduction in health care costs