



1 Client 1 Trainer 1 Goal



“My trainer helped me get my pre-baby body back!”

**FORGET THE FAD DIETS. FORGET THE GIMMICKS.
PRIVATE TRAINING GETS RESULTS.**

FREE
personal training
session

Exclusive to patients of
Fair Oaks Women's Health

Benefits of exercise during pregnancy:

- Less backaches
- Regulates digestive system
- Reduces leg cramping
- Higher rate of uncomplicated delivery
- Helps your body bounce back quicker

Fitness Together Pasadena

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