



NEW FOR 2019

30-minute strength training sessions



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 call: 415-218-6783
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Get a strength training program designed for your age and fitness level in as little as 30 minutes...Learn to use gym equipment and dumbbells safely and effectively and progress to become a stronger you.

According to Dr. Jeremy Walston, a gerontologist from Johns Hopkins University, Sarcopenia is the number one cause of accelerated aging. That means loss of muscle mass can be a problem. It's great if you walk, swim or practice yoga, for example, but you need strength training to maintain your independence throughout life.

Call to schedule a no-obligation, initial complimentary consultation so we can discuss your needs.

