



Curtis Health is passionate about reaching new heights of fitness, health and wellness.

We have been delivering innovative, creative and challenging wellness and fitness programs that are supported by preventative and targeted risk reduction systems since 1985. At the core of everything we do is the belief that fun and challenging programs yield the best results.

Our **clients** are employees of companies or corporate parks where our sites are located.

Our **trainers** incorporate the broader focus on wellness, health and programming and the impact that it can create outside of fitness center walls.

As a result, our **training** is science based FUNCTIONAL training rather than fads or short term experiences.

SPECIALTY SERVICES

Fascial Stretch Therapy

FST can help with:

- ◆ Osteoarthritis
- ◆ Facet joint symptoms
- ◆ Desk jockey stiffness
- ◆ Improve balance, symmetry, posture & muscle function

Registered Holistic Nutritionist

A RHN can help with:

- ◆ Nutrition
- ◆ Lifestyle
- ◆ Supplements
- ◆ Body, Mind, Spirit
- ◆ Weight Loss
- ◆ Sleep
- ◆ Energy Levels

personaltraining@curtishealth.com



PERSONAL TRAINING SERVICES



CURTIS HEALTH

CurtisHealth.com

PERSONAL TRAINING

A personal trainer can help you achieve weight loss or weight gain; increase your sport performance; increase your wellness and overall productivity.

NEW SERVICES

FST (Fascial Stretch Therapy)

A system of assisted stretching focusing on muscles, joints and connective tissue to facilitate relaxation and movement into joints and body to assist in healing.

RHN (Registered Holistic Nutritionist)

Holistic nutrition evaluates complete health history, emotional state, lifestyle habits to determine cause of health issues, and an RHN uses a natural approach to health using evidence-based techniques for diet, lifestyle and detoxification.



WHAT CAN WE DO FOR YOU?

- ◆ Needs analysis
- ◆ Posture assessments
- ◆ Customize programs
 - ◆ Weight loss
 - ◆ Weight gain
 - ◆ Athletic performance
- ◆ Fit into your schedule & budget
- ◆ Provide ongoing support
- ◆ Train with purpose – meet goals productively
- ◆ Increase efficiency and productivity
- ◆ Reduce stress levels
- ◆ Improve overall wellness
- ◆ Enhance mind/body connection

WE ARE:

- ◆ Safety minded
- ◆ Considerate of alignment and postural needs
- ◆ Focused on wellness over aesthetics

To schedule a session contact
personaltraining@curtishealth.com

PERSONAL TRAINING PRICES

Sessions*	Regular	Corporate
1	\$90	\$70
4	\$356	\$276
8	\$696	\$536
12	\$1020	\$780

*Standard Personal Training Prices.
Prices are before tax.*



SPECIALITY TRAINING & REHAB

Prices to be announced.
Contact us for details