

PRO-FITNESS PLUS

WELLNESS & COACHING CENTER



LET OUR COACHES DESIGN A PLAN THAT
WILL GET YOU IN THE BEST SHAPE EVER!



LIGHTER FARE



FOUNDATION

This circuit workout is a perfect way to get acclimated to our fitness center. It keeps you focused on a regimen that is effective and easy to follow. It takes only 30 minutes.

RECOMMENDED MEAL PLAN

40-30-30

CROSS TRAINER

This workout incorporates a variety of exercises utilizing resistance interlaced with cardio that speeds up the fitness process and increase stamina. Great for weight lose & diabetes! Try our "Revitalizer" program for advanced exercises!

RECOMMENDED MEAL PLAN

BEACH BODY

BONE APPETIT

This workout is prescribed for those diagnosed with bone issues such as Osteopenia & Osteoporosis. It provides the proper intensity to restore bone loss and increase metabolism!

RECOMMENDED MEAL PLAN

40-30-30

SIMPLY FIT

This workout is a transitional workout from circuit to split routines. It produces a lean toned look utilizing the right combination of free weights and machines.

RECOMMENDED MEAL PLAN

40-30-30

MAIN COURSE



STRENGTH BUILDER

This workout increases both muscular size and definition. The repetition scheme is moderate and employs a resistance that promotes building muscles while increasing strength!

RECOMMENDED MEAL PLAN

50-30-20

LEAN & MEAN

This workout is designed to get you ripped without adding too much muscular size. It provides plenty of training volume to keep you in shape all year long!

RECOMMENDED MEAL PLAN

BEACH BODY

BEACH COMBER

This routine will assist you in gaining sharp muscle definition. The high repetition / moderate weight scheme is designed to have you looking great at the beach, pool side or just about anywhere!

RECOMMENDED MEAL PLAN

40-30-30

REVITALIZER

This cross trainer workout incorporates functional weight training interlaced with that speeds up your metabolism, increases stamina, boosts energy and accelerates fat loss. This program is great for reducing the effects of diabetes!

RECOMMENDED MEAL PLAN

40-30-30