

SHIFFLET FIT

Commercial & Retail Fitness Equipment Sales & Service

PERSONAL FITNESS CIRCUIT TRAINING FOR ALL AGES

ATHLETIC PERFORMANCE CIRCUITS

Get the competitive edge! Dynamic sport related, stability, agility, strength & endurance training. The exercises are different than anything you have done in the past.

(Minimum of twice a week is recommended for results)

Workout times range from 40 - 60 minutes (contact us for available times)

Eight session workout package	(individual)	2x per week = \$280
Eight session workout package	(partner)	2x per week = \$220 each
Twelve session workout package	(individual)	3x per week = \$385
Twelve session workout package	(partner)	3x per week = \$320 each

Combat Sports Spring partner sign-up special - offer good until March 4th!
Call Today (716) 293-1868

ACTIVE AGING CIRCUITS

Total-body workouts that are sustainable, efficient, protect your skeletal muscle and won't work against your body. *(Minimum of twice a week is recommended for results)*

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Twelve session workout package	(partner)	3x per week = \$320 each

Single workout \$35

SIGN-UP TODAY LIMITED ENROLLMENT! SHIFFLETFIT.COM

Each client must sign an informed consent and participation waiver prior to the start of your first workout. Anyone under 18 years of age must have the form completed and signed by the parent or guardian. Visit Shiffletfit.com for online waiver and additional information.

Address - 10770 MILAND RD CLARENCE CENTER, NY 14032 - Shiffletfit@gmail.com