



## PRIVATE AND PERSONAL TRAINING STUDIO

- Improve Endurance and Motivation
- Gain Muscle & Reduce Fat
- Access your Physical Condition and Track changes
- Set & Help Accomplish Your Goals
- Teach Better Eating Habits
- Teach Proper Strength Training Techniques
- Training Sessions Last 30 – 60 minutes
- Life Wellness Coach
- **\*FREE\*** Assessment      **\*FREE\*** One Week Pass

**LETS TRAIN  
WITH US!**

**Ask about our  
14 Day  
Fat Furnace**

Address: 425 Buford Hwy, Ste 206, Suwanee, GA

Call: 678-765-2413

Email: [inbox@physiquerefinements.com](mailto:inbox@physiquerefinements.com)

Web: [physiquerefinements.com](http://physiquerefinements.com)



**VOTED BEST of  
GWINNETT 2017!**  
BestofGwinnett.com



## **PRIVATE AND PERSONAL TRAINING STUDIO**

- Age 10 & Up
- Rehab Conditioning
- Core Conditioning
- Strength Conditioning
- Nutrition
- Meal Planning
- One on One Training
- Group Training
- Senior Specific Training
- Body Building Conditioning
- Body Building Stage Presentation
- Life Wellness Coach

**Ask about our  
14 Day  
Fat Furnace**

**LET'S TRAIN  
WITH US!**

Address: 425 Buford Hwy, Ste 206, Suwanee, GA

Call: 678-765-2413

Email: [inbox@physiquerefinements.com](mailto:inbox@physiquerefinements.com)

Web: [physiquerefinements.com](http://physiquerefinements.com)