

# EXTREME

# Business Makeover 2009

Featured Business  
**Fitness Together**

Sponsored by



WESTERN  
NEW ENGLAND  
COLLEGE

Law and Business  
Center for Advancing  
Entrepreneurship

**Friday, December 4, 2009**

**12:00 noon to 1:30 p.m.**

**NUVO Bank Community Room**

**1500 Main Street, Springfield, MA**

Join us for this fascinating look at how to take a start-up business to the next level. Watch **Fitness Together** gain advice on growing its client base and profit margins from a panel of experts in law, accounting, marketing, finance, and more.



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For more information on the Western New England College Law and Business Center for Advancing Entrepreneurship call **413-796-2030** or email [egouvin@law.wnec.edu](mailto:egouvin@law.wnec.edu) or visit [www.law.wnec.edu/lawandbusiness](http://www.law.wnec.edu/lawandbusiness).

*This event is free and open to the public. Lunch will be served.*

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1500 Main Street, Springfield, MA



## Fitness Together

**Brandon Reed**, NASM-CPT, CMTA, FDN CHEK Exercise and Holistic Lifestyle Coach, *Co-owner*

**Robert Reed**, MS, PT, NASM-CPT, CHEK HLC Level 1, *Co-owner*

[ftnorthampton.com](http://ftnorthampton.com)



Fitness Together offers clients private, personal training that combines holistic-based exercise, nutrition programs, and encouraging mentorship. Clients at Fitness Together not only have a trainer to help every step of the way, but also have their very own private training room that provides an effective way to achieve their fitness goals in a friendly atmosphere.

At a cost of \$45 to \$65 per session, clients work one-to-one with certified trainers schooled in exercise physiology, anatomy, and assessments on free

weights, treadmills, cross-trainers, recumbent bicycles, plyometric boxes, bumper plates, and other dynamic equipment. Fitness Together also employs a physical therapist on staff to assist/assess those clients with more complex needs, including current or past injuries.

Fitness Together believes exercise and nutrition go together. Based on each individual's metabolic type, Fitness Together creates a specific diet and lifestyle plan for utilizing metabolic typing and holistic lifestyle principles.

At Fitness Together, results come quickly by maximizing exercise time, following an eating plan, setting goals, and having the accountability to stay with an exercise program. Whether a client's goals are to firm up, lose inches, add stamina and strength, or add muscle, Fitness Together has a program to attain those outcomes.

### EXPERTS:

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