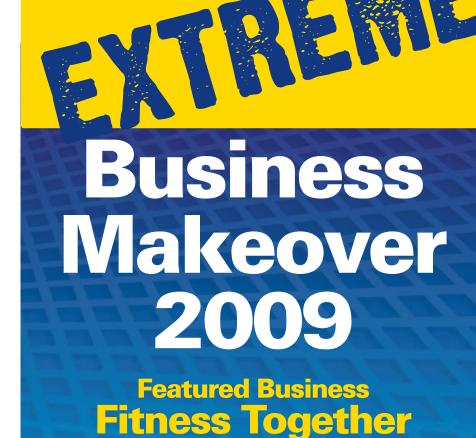


Law and Business
Center for Advancing
Entrepreneurship

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
or visit www.law.wnec.edu/lawandbusiness.



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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

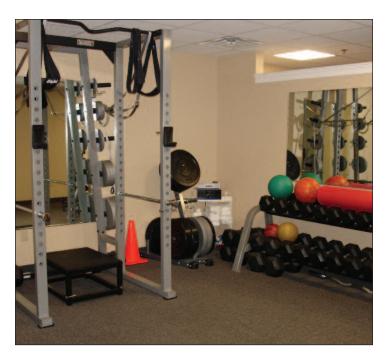
Join us for this fascinating look at how to take a start-up business to the next level. Watch Fitness Together gain advice on growing its client base and profit margins from a panel of experts in law, accounting, marketing, finance, and more.

Friday, December 4, 2009 NUVO Bank Community Room 1500 Main Street, Springfield, MA Business Makeover









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



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.

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