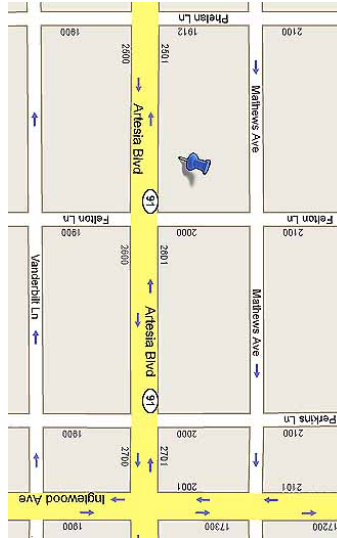


- ❖ Private gym
- ❖ Personal Fitness Trainer
- ❖ Weight / Cardiovascular Training Program
- ❖ Nutrition Counseling
(included at no additional cost)
- ❖ *NO* enrollment or initiation fees
- ❖ *NO* contracts




Precision Fitness
 2515 Artesia Boulevard, Suite G
 Redondo Beach, CA 90278



Precision Fitness

... your custom body shop

Personal Fitness Training

Hours of Operation

Monday through Thursday

5:30 am — 11:30 am PST
 4:00 pm — 8:30 pm PST

Friday

5:30 am — 11:30 am PST
 4:00 pm — 7:30 pm PST

Saturday

7:00 am — 11:30 am PST

Sunday

Closed

2515 Artesia Blvd, Suite G
 Redondo Beach, CA 90278
 (310) 214-1600
www.pfitness.net

About Us

Precision Fitness is the new wave in fitness options — personal training affordable enough for the average person to have their own custom body shop.

Achieve a new level of fitness based on the one-on-one attention of a private gym, taking advantage of proven health and fitness concepts, and at a truly affordable per-session training price.

No intimidation, no crowds, and none of the nightclub atmosphere all too common in public training facilities. Instead, our mature and professional trainers will develop weight training and cardio-vascular exercise programs, along with nutritional planning and advice, just for you.

Precision Fitness eliminates the high costs traditionally associated with personal training and offers the structure and experience of an established fitness enterprise.

For more information, feel free to visit our website: www.pfitness.net

Or give us a call at (310) 214-1600.

Pricing Plans

Precision Fitness offers various pricing plans to fit your budget.

3x Membership **\$27/session**

Four (4) week plan to be paid in advance.
This includes 3 sessions per week. (\$324)

2x Membership **\$30/session**

Four (4) week plan to be paid in advance.
This includes 2 sessions per week. (\$240)

Single Session **\$35/session**

This plan allows you to pay as you go.



Testimonials



"Precision Fitness is a great investment in yourself! Since I've started working out, I have more energy, am more conscious of what I eat, and love seeing my body transform. I highly recommend it for anyone looking for a more personal experience at the gym."

- Susie G. , San Pedro



"This is the first time in my life that I've worked out on a consistent basis. The individualized programs and personal encouragement keep me coming back."

- Terri T. , Manhattan Beach



"I like the old school resistant training. They've also made me more aware of smarter choices in the foods that I eat."

- Ed D. , Lawndale



"The trainers are very supportive and mix up my routines to reach my fitness goals. The atmosphere is friendly, laidback, and in no way intimidating like some of the bigger gyms. Saving quite a bit of money is an added bonus too. I look forward to working out and becoming the best that I can with the help of Precision Fitness."

- Kim M. , Redondo Beach