

Our Approach

The goal of our personal training, nutritional program is to deliver you with maximum results in minimum time. We know your time is valuable. We also know how important it is to have you feeling your best at all times, so you can be at the top of your game with your family, at your job and overall in your life! We have you in and out of our doors within 30-45 minutes a few times a week feeling productive, stress free and full of confidence. Not only that, we customize your personal training, nutritional experience whether you have longstanding ailments, rehabilitative needs or are just getting your feet wet in fitness! No matter where you are at in your life, we meet you there and have you reaching your goals in no time!

Personal Trainers are dedicated...
... to helping you realize your potential. Like great coaches, the best Fitness Professionals know that the study of movement and nutrition can convey useful lessons of life, from increased confidence and self-esteem to improved discipline and focus!

CALL FOR A FREE CONSULTATION!



PERSONAL TRAINING AND NUTRITION

**Collide for
Maximum Results,
in Minimum Time**

**16615 Riverstone Way, Suite 400
Charlotte, NC 28277**

HOURS:

MON – FRI: 5:00am – 7:00pm

SAT: 7:30am – Noon

SUN: 9:00am – 1:00pm

(704) 412-8719

www.everlastingchanges.com

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Your Goals

Through our personal training, nutritional program you are guaranteed to reach new heights and well surpass your goals. Most people limit themselves to what they think that can do and don't realize that they are capable of doing so much more. This is where our trainers step in and have you break through those limits in doing things you never thought possible, no matter your fitness level, age, pre-existing injuries or weight. We will prove to you that you are stronger than you think!



Your Results

You can expect to achieve any goals you set forth through our personal training and nutritional program. We design and customize it with you and for you! It is up to you to decide and determine the speed at which you want to reach your goals! Learn how to turn your body into a fat burning machine! Lose up to 10 pounds a month and keep it off for life! Learn how to achieve maximum results in minimum time and completely change your lifestyle! Walk up those stairs while smiling and holding a conversation! Enjoy playing with your kids! Feel confident in bed again! Fit in that bikini you've always wanted! Tighten and tone your entire body and feel like you're in the best shape of your life!

Our Experience

With academic training and years of experience in exercise science, nutrition, fitness assessment, exercise development and design, instructional and training techniques our fitness professionals will coach you to...

- ✓ Strip body fat
- ✓ Lose inches
- ✓ Rehabilitate from injury
- ✓ Strength train & condition for athletics
- ✓ Hold you accountable
- ✓ Motivate you to reach new potential
- ✓ Break through plateaus

