

Group Exercise Programming / Inclusive Solutions / Social Connectivity / Personalized Progress



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TRUFIT, IN PARTNERSHIP WITH THE ARC OF SAN DIEGO, WOULD LIKE TO INTRODUCE YOU TO OUR <u>ADAPTIVE FUNCTIONAL FITNESS</u> PROGRAM.

DEVELOPED SPECIFICALLY <u>WITH ARC CONSUMERS</u>
FOR CHAPTERS TO BRING ADDED VALUE AND
BENEFITS TO THEIR COMMUNITY.

CONTACT ADAM WHITE FOR A ONE-ON-ONE CONSULTATION TO LEARN HOW WE CAN HELP BRING THIS OUTSTANDING HEALTH AND WELLNESS PROGRAM TO YOUR CHAPTER!!

EMAIL: Adam@GetTruFit.com CALL or TEXT: 337-412-2656



Live Weekly Workouts & Pre-Recorded Classes



Online Exercise Library with Filters

- -Choose your Equipment, Abilities & Goals
- Fitness Solutions for Every Department
- Practical Application and Training for All
- -iOS & Android applications coming soon
- Progress Tracking, Gamification & Rewards

