



OPTIMIZE your workout!

Westbury Total Health Care is proud to introduce our

PERSONAL TRAINING SERVICES

- WEIGHT TRAINING ■ FLEXIBILITY TRAINING
- SENIOR FITNESS ■ YOGA
- ORTHOPEDIC/BACK PROGRAMS
- PRE-AND POST-NATAL EXERCISES

The primary focus of these programs will involve general health and fitness training, as well as special conditions such as osteoporosis, arthritis, fibromyalgia, diabetes and obesity. All assessments, evaluations, program development and progression will be under the supervision of our medical staff.

TRAINERS WILL BE AVAILABLE:
SATURDAYS - 8:00 AM - 12:00 PM

Schedule your first session NOW!

All of our trainers are available to get you started on your path to better health, fitness and wellness...with more of a PERSONAL touch.

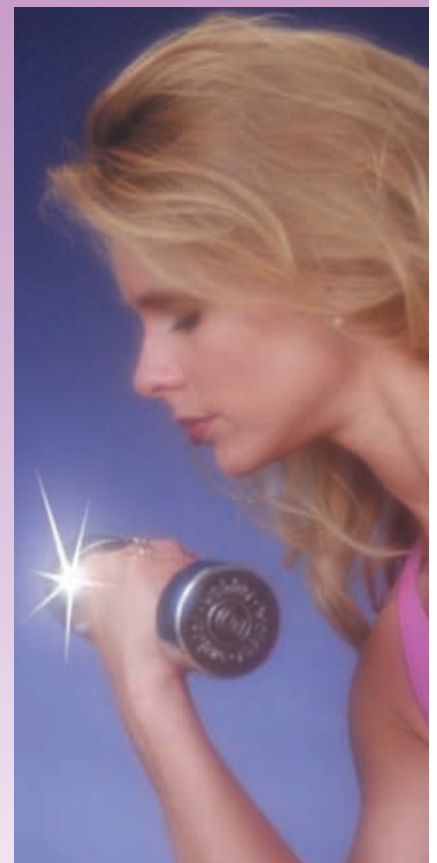
516-333-3253



WESTBURY TOTAL
HEALTH CARE

355 Post Avenue in Westbury

With the combined experience of over 24 years, our trainers will provide for you individual exercise programs catered to your special needs and fitness goals.



It's your future... be there healthy.