

**We are offering city employees
10% discount on personal
training and \$10 monthly
discount for open gym!**



Transform your life with personal training!

Achieve your fitness goals with personalized workouts and expert guidance. Whether you're a beginner or a seasoned athlete, our tailored programs are designed to help you succeed. Access the gym 24/7 as a free add-on for personal training!



Strong Hand Fitness

713 Ray Ave, Hendersonville, NC 28792
near the Boys and Girls Club

What are we offering?

- Customized Fitness Plans
- One-on-One and Semi private Coaching
- Nutritional Guidance
- Flexible scheduling
- 24/7 gym access

GYM MEMBERSHIPS
START FROM

\$55
PER MONTH

PERSONAL TRAINING
START FROM

\$69
PER SESSION

www.stronghandfitness.com

@stronghandfitness

828-513-5040

"BUILDING A STRONGER COMMUNITY, ONE LIFT AT A TIME"