



## Our Locations

Mystic  
11 Main Street  
Mystic, CT 06355  
(860) 245-0388

Niantic  
5 Freedom Way  
Niantic, CT 06357  
(860) 691-1616

# *Manage stress, take time for yourself !*

Are you a business owner with a hectic schedule?  
Wondering how to take care of your health and  
fitness while keeping your competitive edge?

Work with a certified personal trainer in private or group personal  
training sessions to:

*\*Build Core Strength \*Increase Flexibility \*Regain Stamina*



Call us today at (860) 245-0388 or e-mail us at [advantagept1@hotmail.com](mailto:advantagept1@hotmail.com)