

FIRST ³ FREE
SESSIONS

simply (train)

Simply(Fit) specializes in women, from pre-natal to post menopausal. Simply(FIT) trains apart from extreme boot camps and fad diets, but promotes life balance and personalized fitness. The mission is to provide affordable, functional and achievable fitness by inspiring clients to lead healthy and sustainable lifestyles. Exercise is *therapy in movement*. It fuels the mind, body, and soul. Every woman needs encouragement and **EVERY** woman can fall in love with fitness when it is tailored to them.

Simply(FIT) offers small group and one-on-one functional exercise training.

Appointments only, individual and small group

Contact **Roxanne Glanzer** for more information
at 402-641-1087 or email roxanne.glanzer@gmail.com

NEW
IN-HOME TRAINING
STUDIO LOCATED
AT 1910 HIGH ST.
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