

You don't have to be great to start...but great to start to ?

be GREAT!

- Weight Loss / Weight Management
- Strength / Muscular Hypertrophy
- Flexibility / Balance Training
- Cardiovascular Endurance Training
- Sports Performance Training
- Youth Fitness Training (Ages 13-17)

CERTIFIED PERSONAL TRAINER

SPORT FIT 204 Fort Meade Road Laurel, Maryland 20707

Text/Call (202) 904 - 0987

to set up your FREE fitness evaluation & 1 FREE fitness session





@FitnessbyTSMITH

Visit me at FitnessbyTSMITH.com





Flyer designed by TOMA-PR ©