

FITCLINIC.COM SALUTES BROWARD SCHOOLS EMPLOYEES!

YOU ARE BEGINNING ANOTHER SUCCESSFUL YEAR OF TRANSFORMING LIVES.

MAKE 2014-2015 THE YEAR YOU ABOLISH STRESS AND TRANSFORM YOUR OWN LIVES.



You spend every working day preparing young minds for a successful future, often neglecting yourself in the process. Now, in just one month, you can set your own foundation for a lifetime of healthful living – You commit to ten months of training others every year; can you commit to one month of being trained for life-altering results for yourself?

Work with a uniquely dedicated, certified trainer like you, committed to seeing you on a new life path to good health or to break through a fitness barrier that's been holding you back. Prepare now to cruise into the 2014-2015 School Year with a new stress-free perspective. Sure, it's hard to believe, but it will be consistent and fun – no, it's not easy, it's hard work, but nothing like the work you're used to, and it's attainable; you can accomplish it with the right guidance. Start training like you taught FCAT strategies...

DO YOU WANT TO GAIN MUSCLE OR LOSE FAT?

TRANSFORM YOUR LIFE THIS YEAR. MAKE A COMMITMENT FOR YOURSELF.

TURN THE PAGE TO MEET BRETT RENNER, NSCA-CSCS! START YOUR PROGRAM NOW!

MAYBE YOU'VE JOINED A GYM IN THE PAST?

Well, now try something that works.

Jump Start with this special program designed just for you.

The Fitness Clinic is more than a gym - it's a complete custom experience built around **YOUR** body. It all begins with a comprehensive personal fitness test, then a charted and fully documented individual program, followed by, of course, results.

- Private Club-Atmosphere
- Non-intimidating environment
- Pay-as-you-go programs
- Complimentary towel service
- Personalized workouts.

****Your introductory one month program includes orientation, current level fitness assessment, nutrition plan, one personal training session per week in conjunction with a personal independent exercise plan, full fitness center access and unlimited Cardio... **Special Program Pricing \$149.00****

If you elect to continue your fitness advances following this special jump-start, you will receive a custom designed plan to keep you on track to achieve your new goals.

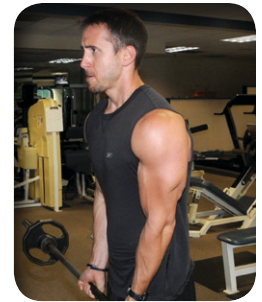
REMEMBER YOUR STRATEGIES!

THE FITNESS CLINIC

www.FITCLINIC.com

Meet Brett Renner on the flip side, and call him to register:
815-994-1026

IN THE IMPERIAL SQUARE SHOPPING CENTER ON NORTH FEDERAL HIGHWAY,
JUST SOUTH OF CYPRESS CREEK ROAD, OPPOSITE END FROM PANERA'S!



MEET BRETT RENNER!

'Want to turn back the clock and get the body you've always been capable of achieving? My name is Brett Renner, Certified Strength and Conditioning Specialist, and for 8 years I've been helping people do just that. As a trainer, I've seen firsthand, transformations that I'm so proud to have been a part of. Truly anything is possible if you want something bad enough.

I have worked with men and women ranging from 9 years to 89 years old and have worked extensively with my clients on proper exercise techniques, cardiovascular conditioning, flexibility, strength, nutrition, muscular endurance, and much more. My mission is to educate and motivate people on every aspect of their journey into wellness. Whatever your fitness goals or prior experience may be, I promise I will do anything and everything I can to help you achieve the goals we set out to meet. If you are seeking to reach or maintain a certain fitness level, let me help you improve your quality of life by establishing a well rounded, healthy lifestyle. If you are an elite athlete seeking sport-specific training or striving to leave a plateau or break a barrier, challenge my creativity in devising the best exercise sequence for your goals. I look forward to new challenges ahead and hope I can take the plunge into wellness with you!

Brett

Team Renner
Fitness Goals Fulfilled Since 2006

BRETT RENNER
NSCA-CSCS

Dedicated • Certified • Ingenious • Committed

(815) 994-1026

Train to Maintain or Train Like a Sports Star...
Your Choice, My Mission – Let's Get Started

Ingenious Health & Fitness Training

FitClinic.com

The Fitness Clinic
5975 North Federal Highway
Imperial Square Shopping Center
Fort Lauderdale, Florida 33308

Testimonials:

"One of the best things about my trainer, Brett Renner, is that he listens! I have some physical challenges to work around and I also have some specific goals for myself. Brett has the imagination and expertise to work around any limitations, and gives you a thoughtful realistic assessment of what you can achieve. Once the course is set, he's positive and encouraging on what we decide is do-able. Even though it's up to me to follow all his recommendations, his can-do attitude really keeps you striving. If you think you can't work out because of some physical limitation or have felt intimidated in the gym in the past, Brett instills the confidence you need to focus on yourself and set and reach your goals." - **Client NJ**

"I can recommend personal trainer Brett Renner without reservation. He continually varies my training regimen every workout so my muscles never know what's coming and they respond to that. He seems to have a never ending repertoire of uniquely challenging exercise sequences and knows just how to put them together. He's focused on motivating; conditioning and seeing me use proper form producing consistent results. His enthusiasm drives the training sessions. If you want to work out, but dread going to the gym, find it boring, you're not reaching your goals or you have a lackluster trainer, you really need to give Brett a shot. He'll change your whole conception of training."

- **Client Bob - Classic Decorative Hardware & Bath, Imperial Square by Panera Bread**

"Brett Renner is the best trainer I've ever had. It's not just me committing to reach my goals, he commits to seeing you through to your goals as well, and that's pretty amazing these days. He really goes out of his way to see you make milestones and really gets a charge from your success. He takes classes and seminars to maintain his certification, so he always knows the best latest stuff for you to try out, and he changes it up all the time so you never have to do the same old routine. Another cool thing is he does all the exercises he gives you himself! I can't say enough good things about him, and nobody has to push me to go to my workouts, I wouldn't miss one." - **Client AJ**

"We have worked with Brett as our personal trainer for eight months. We are pleased with the improvement both in fitness and general health that we have achieved. Brett's training program met our individual requirements and he has worked well with us helping us choose and work toward goals that are meaningful and motivating to us. A big benefit is how he adapts and changes everything to keep it interesting for us." - **Clients WS & BV**

Wear Your Helmet!

"I was smashed by a car last November 3rd on the bike portion of a triathlon training session when a driver made a left turn through me... Through sheer personality, creativity and expertise, Trainer Brett Renner pushed me to take a shot at coming back, made it fun when it hurt and didn't let me give up. He's helped me work around what I can't do to find what I can do, and I'm making steady progress. Brett's a difference-maker, a uniquely dedicated, certified trainer committed to making your goals, his goals. Give him the chance and he'll change your life the way he saved mine..."

- **Client Joe Devlin, M.Ed., CCC-SLP, Larkdale Elementary/Tamarac Elementary**



P.S. – "These testimonials are genuine. Get into The Fitness Clinic to see Brett and you'll meet all of us – The Team Renner Clients – Train to Maintain or Train Like a Sports Star...your choice, he'll make it happen." - **Joe Devlin**