

One Size Does Not Fit All

by Lara Gallert and Kathy Mazzoli

SUMMERFIELD'S ONLY GYM is not a gym, but it does add muscle to our neighborhood. And wellness, caring and a passion for an active lifestyle.

Meet Alloy Personal Training, where individual goals trump corporate goals and where we know every member by their first name.

One member calls Alloy her "happy place."

Wellness, we've observed, is not a skill or a talent but a choice. An attitude.

Everyone is invited to visit Alloy. But not everyone will. Fear, we find, gets in the way of our guests' happiness.

That is, until we get to know each other. Then, the fear melts away, and the confidence and joy and fitness triumphs.

There is no charge for your first visit.

Imagine a no-charge InBody Body Composition evaluation where we assess body fat, lean muscle mass, Basal Metabolic Rate, water retention, and muscle mass in arms, legs, and trunk.

Picture sitting with one of our three personal trainers, two own the business, to fully understand your test results. All for free.

And if you choose to join Alloy your biometric results help formulate your personalized plan based on your goals.

Together we develop customized workout plans that meet your needs and wants. For example, one member wants to walk pain-free while bird watching with her husband, another wants more energy and to take fewer naps, some want to lose weight, get off or reduce their meds, gain muscle strength, eat better or improve their sports conditioning.

Alloy is here to help.

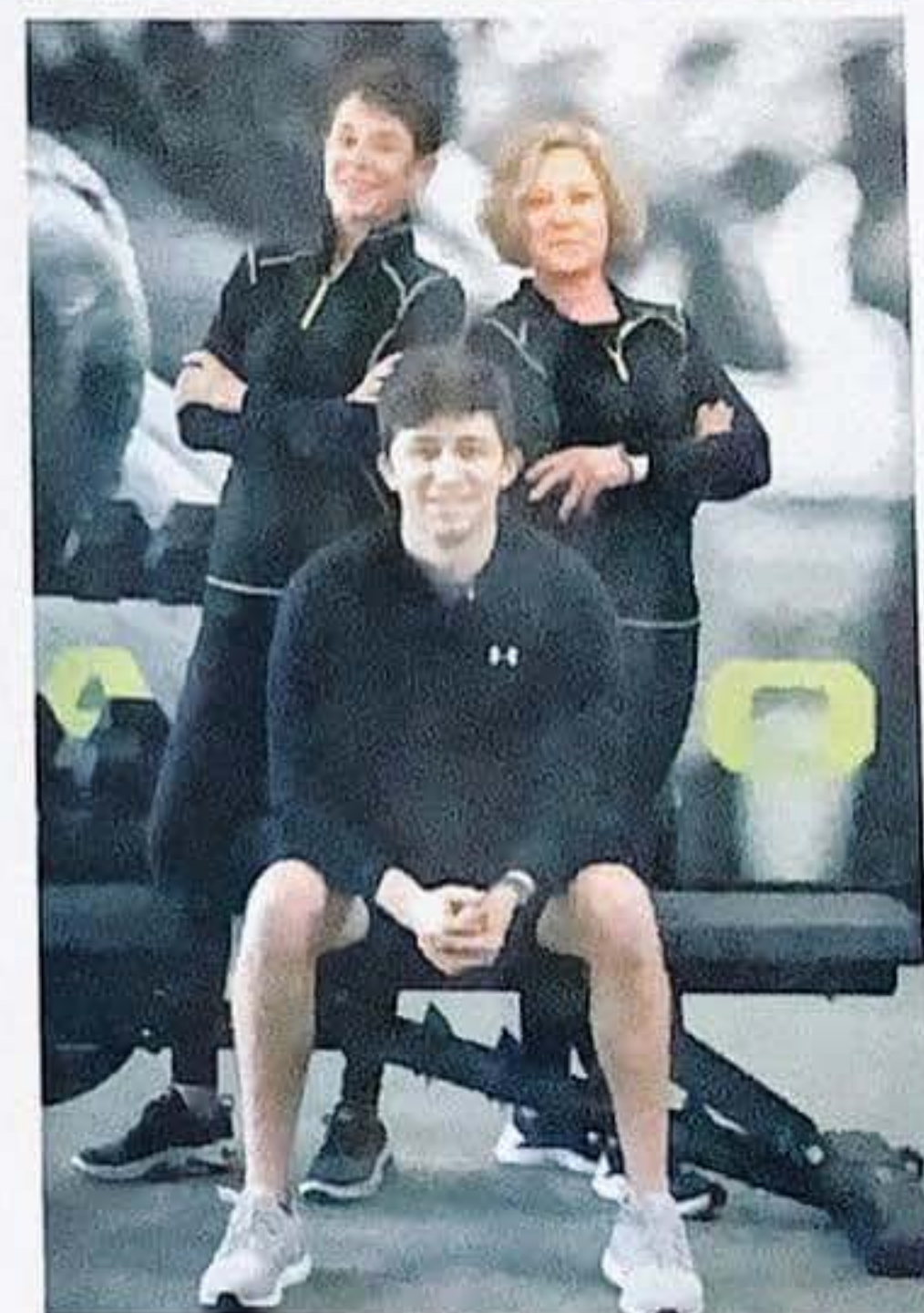
The secret to your success is openness and accountability. And we've been practicing this radically custom formula for 32 years. Each member, today they range from 16 to 73 years old goes through these same five steps every four to six weeks:

1. Measure body composition and functional movement (among other factors)
2. Discuss results
3. Build, edit, maintain individualized plan
4. Workout 2 to 3 times per week for 45 to 60 minutes
5. Repeat

We believe everyone deserves extraordinary care and remarkable results. Why keep doing something if it is not working?

One size does not fit all but one visit to Alloy may change your life forever.

**BUSINESS
PROFILE**



Accountability

Motivation

**Meet Goals
and Change
Your Life**



No one person is the same, nor is the journey toward a healthier, active lifestyle. So why should workouts be the same? Our trainers tailor the Alloy programs for all clients who walk through our doors - no matter their fitness level.



**ALLOY
PERSONAL TRAINING**

Call today 336-298-7111
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**HELPING YOU
GET INTO
THE BEST
SHAPE OF
YOUR LIFE.**