

TEN REASONS TO CHOOSE PUNGO PERSONAL TRAINING FOR YOUR FITNESS NEEDS

1. All of our trainers are nationally certified with a combined total of 5 Bachelor degrees in Exercise Science as well as a Master's of Exercise Science
2. We are the originators of the City Employee/Public School Employee **20%** discount rate on all services. Our discount program began in the year 2000.
3. We are the originators of the Boot Camp program with guaranteed 10% body fat reduction in five weeks or your money back. Pungo P.T started Boot Camps in **1997**. We are also the originators of the Espresso 30 minute workout for those who are pressed for time.
4. We are the originators of small Group Personal Training session that makes personal training more affordable for those on a budget. Each individual is trained according to their own baseline level of fitness with personal attention to any particular limitations.
5. We serve all special populations in regards to Cardiac Rehab, Stroke Rehabilitation, Diabetes, Anatomical Structural issues, Sports injuries, Hypertension, and Depression.
6. We are the "only" personal training facility that does a comprehensive evaluation prior to beginning an exercise program. We consult with your physician on any limitations that you may have and do all of the ground work to insure your safety.
7. Our contract only has an obligation for three months to insure that you give the program ample time to see the results that you desire. After that three month period you have no further commitment to fulfill if you do not wish to continue.
8. Our trainers realize that you are paying them to keep you accountable- we call you if you are 15 minutes past your session time and make special arrangements for make-ups if needed.
9. We do in home training for those that prefer the privacy and comfort of their own home and we provide the equipment.
10. Our staff and clientele do two fundraisers every year to give back to the community that has supported us for the last 12 years. Last year alone we gave over \$8,000 dollars to help the military personnel serving in Iraq.



WE ARE THE PERSONAL TRAINER FOR "EVERY BODY"

