

# AFFORDABLE TRAINING

FREE INITIAL CONSULTATION

## TRAINING MADE PERSONAL WITH GENO

Geno will work to center our lives  
and give us a rounded look at how to live  
a healthy life style.

- ✓ Cardio Endurance
- ✓ Circuit Training
- ✓ Fat Burning
- ✓ Strength for Life

SET UP YOUR APPOINTMENT TODAY

# 916.519.5694

Gain

## "STRENGTH FOR LIFE"

with personal trainer Geno Lobato.

Geno helps with health and physical  
fitness. Clients of all levels  
encouraged to try personal training on  
a month-to-month basis,  
at special discounted rates.



**TRAINING LOCATION** Deane Dance Center

3385 Lanatt Street, Sacramento, California 95819  
916.453.0226 [www.deanedancecenter.com](http://www.deanedancecenter.com)