

HEALTH DESIGNS

DYNAMIC DESIGNS INSPIRING BODIES AND MINDS

218HD

***F.A.S.T. (Functional Athletic Strength Training)
Program is for athletes of all ages.***

***Our program utilizes all training modalities
including: strength training, cardio-endurance,
flexibility, balance and agility movements to maximize athletic
performance. No matter your sport or conditioning goals, we
are dedicated to breaking down your skill level, assessing
areas for improvement and creating a specific program
tailored for you. Individual, small group and team training
packages are available in all F.A.S.T. programs.***

***We are the FITNESS PROS
218 Kings Mills road, Mason, Ohio 45040
lhhealthdesigns@gmail.com 513-532-7007***