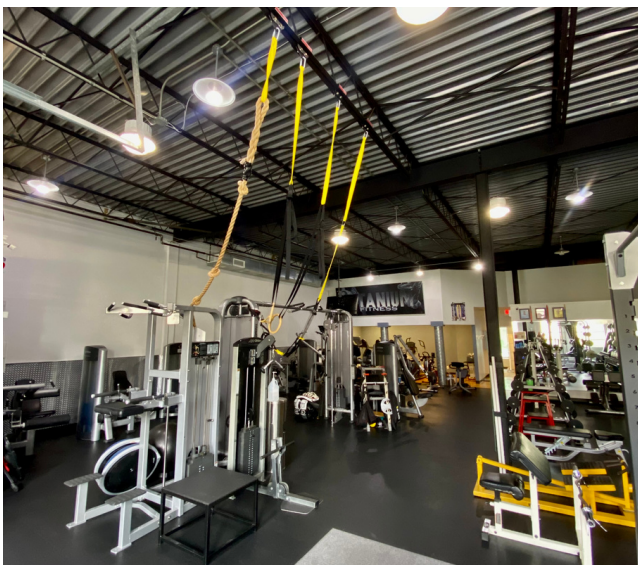




## Goals

At Titanium Fitness our main goal is to assist people in all stages of life to become stronger, not only in the physical but also the mental. We believe that you must modify habits of both in order to create lifelong results.



## About Us

Titanium Fitness is devoted to providing the most professional and practical care to every client that walks in the door. To do this, we stay updated on the latest journals and breakthroughs in the world of exercise, focus on the health of the whole person, and work as a team to transform the body and the mind.

## Fitness Your Way

We are dedicated to assessing the goals and limitations of our clients. When we design a custom program, we do so in a way that maximizes the outcome and reduces the risk of injury as much as possible. During this process we educate the client to help them learn and grow from their experience with us, which in turn allows clients to take valuable tools and skills with them outside of the gym.



Community involvement is just one attribute that sets Titanium Fitness apart.



Find more ways to improve your functionality and health with Delish Nutrish and the Be Well facility.



Join our team as a certified personal trainer or nutritionist through an accredited medical association.



**STRENGTHEN  
YOUR BODY...  
STRENGTHEN  
YOUR MIND**



## Contact Us



314-603-9139



titaniumfitnessllc@gmail.com



www.titaniumfitnessllc.net



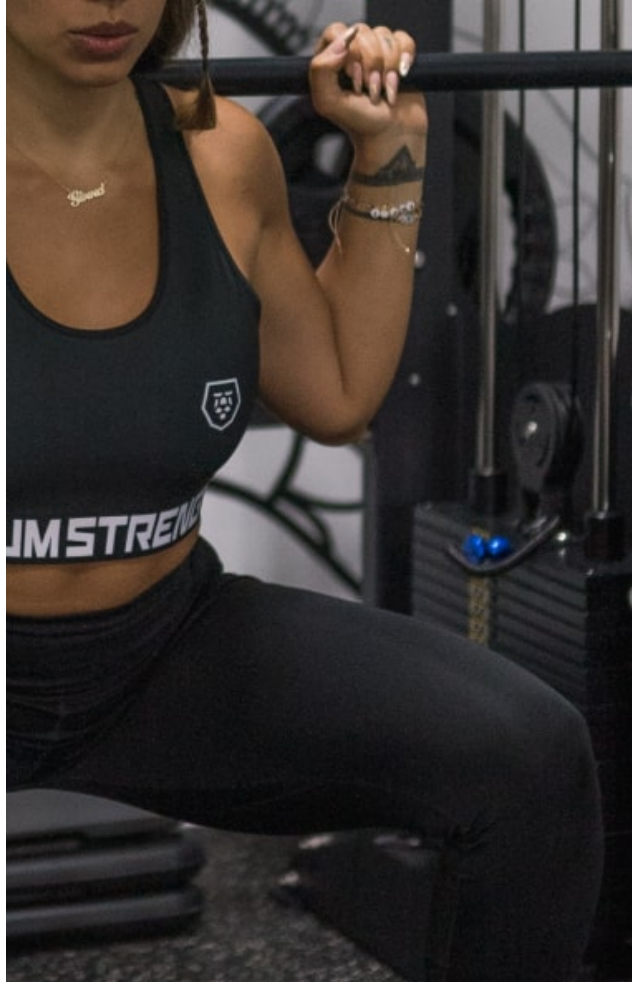
854 Hanley Industrial Ct, St.  
Louis, MO 63144

## Services

- \$50/month - Gym membership with 24/7 access to the facility
- \$90/month - Family membership with 24/7 access to the facility
- \$75/session - Personal training
- \$15/person - Group training on Mondays and Wednesdays
- \$20/person - Yoga class on Sundays at 9:30 am
- Nutrition support

## Specials

- 3 for \$99 personal training sessions



## Mission

Chuck and Diana Beckham, the owners of Titanium Fitness, are determined to impact as many lives in and beyond their community as possible. With a team consisting of professionals who specialize in many aspects of health and wellness, we are confident that we can address and treat the exercise needs of our clients.

## What Our Clients Say

*"...Titanium Fitness made all the difference. Chuck is a great coach. Ready, willing and able to develop a program based on my goals and objectives. I've never done personal training before and I'm glad I started at Titanium Fitness I'll never go anywhere else. They're PRO's."*

- Holly Kasnetz