



## **FITNESS YOUR WAY**

We assess your goals and limitations, then design a custom program to maximize your outcome while being mindful of the importance of minimizing your injury potential. We educate you with the intent of learning and growing from your experience with us and taking away valuable tools that you can use for life.

As a new client, we have you complete two questionnaires for a comprehensive assessment of your exercise history, health history, goals, limitations, nutrition, stress level and sleep habits. We compile all that information to meet you where you are on your health and fitness journey. We then encourage your participation and collaboration when designing an exercise program for you as this helps to ensure your success.

## **A COMPREHENSIVE APPROACH TO OPTIMAL HEALTH AND WELLNESS**

We take your fitness on with a broader approach than most. To have lasting results on your functional fitness journey, not only do you have to modify habits with your body, but you must modify your habits with your mind. We guide you to new ways of thinking by supporting a positive environment to help you have the healthy mind necessary for life long lasting results.

### **Testimonials:**

**"The equipment is top notch and very well taken care of. The gym is kept clean and organized at all times. The owner and his staff are friendly and welcoming to all. I was in the area for work and needed a place to workout, Titanium Fitness allowed me to workout at anytime for a great price." – Sam**

**"State of the art equipment, extremely clean, trainers are very welcoming and knowledgeable. I was incredibly impressed!" – Lindsay**

**"My wife and I have been training at Titanium with Elliott for the last 9 months and it has been an amazing personal training experience. The facility has all the equipment and amenities you might need, kept clean, and always accessible. But what took our training to the next level was the accommodation and support both in and outside of the gym by Elliott and Chuck, and the inclusion into the Titanium Family. Highly recommend you check them out." - Damien**

**We offer one on one personal training, small group classes and  
24/7 gym memberships.**

**Contact us today!**

**[www.titaniumfitnessllc.net](http://www.titaniumfitnessllc.net)   Facebook: @titaniumfitnessstlouis   314-603-9139  
854 Hanley Industrial Court, Brentwood, MO 63144**



- Tired of feeling drained and wanting to have more energy?
- Seeking a new way to manage your day-to-day stress?
- Want to burn more calories at rest?
- Have a desire to improve your overall appearance and do not know where to begin?

Routine exercise can help you with all these challenges and so much more. Let us be your accountability partner to becoming the best version of yourself!

Contact us today and take advantage of our personal training special:

**Three one on one personal training sessions for \$99.**

Contact us today!

[www.titaniumfitnessllc.net](http://www.titaniumfitnessllc.net)

Facebook: @titaniumfitnessstlouis

314-603-9139

854 Hanley Industrial Court, Brentwood, MO 63144