



PRO-FIT HEALTH AND FITNESS, INC.

Pro-Fit Health and Fitness, Inc. is a full-service health club conveniently located just off Route 202 and less than a mile from Route 287 in Boonton. Our 13,000+ square foot facility is filled with top-of-the-line equipment ensuring our members get the most out of their workouts. Our newly added turf and CrossFit program has made Pro-Fit the one-stop-shop of gyms in the area, allowing our highly-qualified and specially-certified trainers the chance to hone not only your strength and conditioning, but your speed and agility as well.

Our goal is for our athletes to build their bodies from the inside out. Our newly available nutritional services have allowed us to better prepare our members and athletes for maximum performance and bring their training full circle.

In an effort to keep up with the ever-competitive nature of sports, we are now offering **Team Sport Specific Training**.

Our team training program will include 26 one-hour sessions, spread across a 13 week time period. The cost for 26 sessions will be \$210 per athlete if paid up front, and we are offering a drop-in price of \$15 per session. Each team will be required a minimum of 15 athletes to sign up.

All athletes will receive a thorough assessment at the start, during, and upon completion of the program.

Any questions will be happily answered by our staff in person at the club, on the phone at 973-257-0050, or via email at clubinfo@pro-fit-club.com.

Drop-In	\$15.00
Training Package	\$210.00 (\$8.00/session)

Christina Widmark, Matthew Marin, and the Pro-Fit Staff

