



The Firm U is different kind of personal training and we have the honesty to admit that-- we are not for everyone. And that's ok with us.

We are not the lowest priced personal training on the market. If you are looking for cheap workouts and you don't care about the quality of the information you are told, we're not for you. We ARE however, the best VALUE on the market.

If you are overweight and looking for a quick fix with a restrictive diet and miraculous "fat-burning" supplements, we're not for you.

However, if you are a busy person and you want to cut through all the hassle to work with a highly educated, experienced nationally certified professional training team you can trust that delivers on its promises...

Then welcome to The Firm U, my friend. You have come to the right place and we look forward to serving you.

There is NO membership fee at The Firm U. The only thing you pay for is the time you train with one of our 4 independent trainers. We are highly trained and nationally certified through NASM, NSCA, ACE and PFIT. In addition , Master Trainer Christine Boss is a biochemist, physiologist, and licensed Pharmacist. Both Master Trainers Christine Boss and Ray Bessette are additionally Natural Pro Bodybuilders.

We have many medical doctors who train with us and send their patients to us because they know we are quality in the fitness industry. We are experts in nutrition. Our philosophy is "**Fitness Through Science NOT Fiction**" No gimmicks, no games, no fads. Just real science that works every time. That's why doctors love us and why we have many clients that have been with us for 1, 2, 3 and even 4 years. Then there are other clients who just want to "get in shape" for the summer or train for an athletic competition. But one thing they all have in common is "**RESULTS**" and they love learning the truth about how the human body utilizes food and responds to targeted exercises so they can get the body they want.

Please come by (hours are Mon-Fri 5-8pm closed 10-3pm. Sat 8-1pm) or contact us at 832-755-1949 or www.TheFirmU.com to make a specific appointment time to meet and see how you can IMMENSELY improve your health and physique at The Firm U.

Our prices range from \$35 to \$89 for a training session (1 hour). A fitness assessment is \$129 and takes 40min to 1 hr. You will leave with extremely usable information regarding YOUR body composition, nutrition and what it will take and how long it will take to reach your goal. The fitness assessment fee is waived if you decide to train with one of the trainers...so then it ends up being a free assessment. If you decide not to train...we don't pressure at all....the information is still invaluable and worth every penny.

"You can have Results or Excuses, not both". Become a Firm believer getting Firm results!