

FITNESS EXPERIENCE

My personal experience in professional baseball and with the US Olympic Baseball Team has given me the knowledge to be a successful Fitness Coach. My ability to challenge, motivate, educate and keep things fun, really helps improve the fitness of my members.

Learn more at:
www.vegabaseball.com



Coach Gil
Baseball Instructor
Adult Fitness Coach

If you are looking for a fitness program that:

- Operates between 6am-Noon (Mon-Fri)
- Specializes in adult 23-40
- Empowers each member with the knowledge to progressively develop
- Inspires and motivates each member to personal accountability for results and
- Is conveniently located

...LOOK NO FURTHER!

See recent client reviews at

<http://tack.bz/1vZfZ>



VEGA FITNESS

Conducting DAILY Group Fitness :

- OUTDOORS - NAPERVILLE
- INDOORS - NAPERVILLE/PLAINFIELD

Phone: 773-213-3683

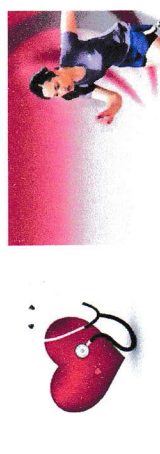
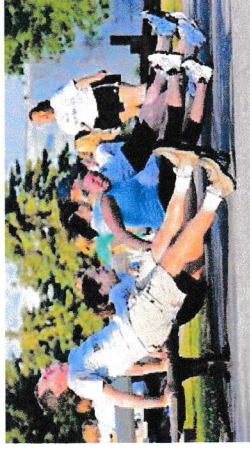
E-mail: COACHGIL@VEGABASEBALL.COM

VEGA FITNESS

The Struggle is Real

**HELPING ADULTS
SINCE 2014:**

- LOSE WEIGHT
- FIRM & TONE
- STRENGTH & STAMINA
- DIET & NUTRITION
- OVERALL FITNESS



**COACH GIL
773-213-3683**



VEGA FITNESS

My small group Personal Fitness Club will help you reach your fitness goals. I am an adult fitness coach for the Naperville area



Aerobic and Flexibility
Fitness

(ranked as one of the top by Thumbtack.com.) and have been providing adults with Group Fitness since 2014. I keep groups small and inspire members through *movement, community, and personal attention.*

Whether you choose me or someone else as your fitness coach, the most important thing is that you take the next step and GET STARTED!

GET STARTED!

GET MOVING!

GET FIT TODAY!

Personal Fitness Assessment
Every NEW Student Starts with a Personal Assessment to establish an initial baseline (starting point), set realistic goals and to measure ongoing results accurately.

\$20

Group Fitness 1

Meets 3 Times a week (Mon, Wed, Fri) 6-7am, 7-8am or 8-9am

\$30

1 Week

Group Fitness 2

Meets 3 Times a week (Mon, Wed, Fri) 9-10am, 10-11am or 11-Noon

\$30

1 Week

Group Fitness 3

Meets 2 Times a week (Tues & Thurs) 6-7am, 7-8am or 8-9am

\$20

1 Week

Group Fitness 4

Meets 2 Times a week (Tues & Thurs) 9-10am, 10-11am or 11-Noon

\$20

1 Week

The assessment gives you a chance to:

- "meet the coach"
- get to know me and my training style and
- learn more about my adult fitness program.

GOOD LUCK WITH YOUR 2015 FITNESS GOALS! I LOOK FORWARD TO HEARING FROM YOU SOON!

You will find my trainings challenging, fun and you'll always be looking forward to the next training too! This is what keeps my members coming back.

Everyone knows, sticking to a regular training regimen is what helps you achieve better fitness and my small group fitness program will provide the positive environment that will keep you coming back.

Even if you are a fitness enthusiast that currently trains on their own or at a gym, supplementing your training with Group Fitness is highly recommended.

**VEGA
FITNESS**

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