

MOTIVATING: It's group fitness meets personal training.

INNOVATIVE: It's the latest science and technology together with LA and NYC's hottest workouts.

EFFECTIVE: It's fitness + nutrition + commitment



BLACKBENCH FIT is different, it works and it's here in Loudoun County!

YOUTH CONDITIONING

The difference between a good athlete and a great one is their overall strength and endurance. BBF has programs uniquely designed to help athletes take their sport to the next level. Our progressive approach helps athletes benchmark progress. Sports specific nutrition counseling teaches the latest and greatest ways to build and maintain healthy and strong bodies. And our curriculum is designed to incorporate the latest and greatest techniques – no old school training here!

Adult, Youth & Adult/Youth Buddy Programs Available

Adults (16+)

- Early, mid morning & evening classes
- All classes include cardio, strength, yoga & interval work
- Nutrition counseling & seminars
- Goal setting, body composition & statistic tracking
- 1 on 1 trainer support in class and out

Youth (12+)

- Evening classes
- Athletic development/conditioning classes
- New to/Re-entering fitness classes
- Age appropriate nutrition counseling & seminars
- Goal setting, body composition & statistic tracking



8 week sessions starting March 4, May 6, July 8 & Sept 9

www.blackbenchfit.com • www.facebook.com/BlackBenchFit • info@blackbenchfit.com