

# Fitness Training Center

## Albany County



**Business  
Intermediary  
Group LLC**

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### **BUSINESS ONLY**

This fitness studio has a special appeal to the client who feels intimidated by the current fitness center model.

Members of this fitness "family" may feel out of place at the bigger gyms or may feel that they just don't measure up.

Individual or group attention is given to members who want to lose weight, improve their health or just feel better.

The company offers various fitness options including personal/group training, Boxing, TRX, yoga, nutrition coaching, massage and corporate wellness programs.



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