

FITNESS AND TRAINING

Our programs cater to your healthy lifestyle, both fitness-wise and financially:

PERSONAL TRAINING

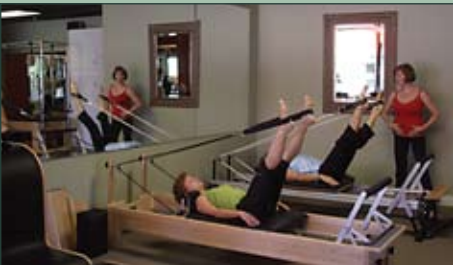


Work out with a highly experienced and certified personal trainer in a one-on-one program tailored to your individual goals.

SEMI-PERSONAL TRAINING

Work out with Carina Weston in motivating and challenging semi-personal sessions. Cardio and strength training in just one hour!

PILATES



A highly effective way to stretch, strengthen and streamline your body. Pilates is a fitness regimen for a lifetime. Personal or semi-personal available.

KETTLEBELL TRAINING



Increase strength, power, speed, coordination and core stability at the same time burn fat and increase cardio vascular endurance with this cutting edge workout.

A HARMONIZED APPROACH TO YOUR FITNESS AND HEALTH

“At Pro Fitness Network we are committed to your overall health and fitness.”

Carina Weston, Founder and Trainer



Using a harmonized approach, we offer both fitness training and wellness support. From weight training and Pilates, to acupuncture and massage . . . Keeping you fit and balanced is our daily goal.

“Whatever my issues may be; weight loss, sore muscles, new training techniques, I always know that Carina and her team will come through for me”

Meredith Miller, Client

“I began working out at Pro Fitness in November 2007 with the intention of losing weight and toning my body for my October 2008 wedding. My wedding has come and gone and I am still training twice a week because I love it!”

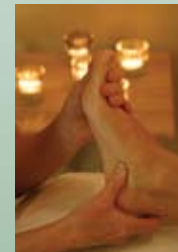
Maren Heideman, Client

HEALTH AND WELL-BEING

The companion to successful fitness training is balancing your body and spirit with healing and therapeutic treatments. At Pro Fitness Network, we offer everything you need to refresh, rejuvenate and repair.

THERAPEUTIC MASSAGE

Massage with a purpose . . . our treatments are geared to releasing chronic areas of tension and injury repair. Myofascial Release, Deep Tissue, Shiatsu and Reflexology are some of our specialties.



ACUPUNCTURE

Used in Chinese medicine for over 3000 years and integrated into Western medicine for its healing results. Gentle and precise, we specialize in women's hormonal imbalances and overall stress management.



WEIGHT LOSS AND NUTRITION

Not a diet program, but an individualized approach to a healthier way of life. On-site weight loss coaching to develop proper eating habits and lose unwanted pounds, in combination with a custom fitness program.

ABOUT CARINA WESTON

Pro Fitness Network founder, Carina Weston, has been active in sports her entire life. Growing up in Sweden, Carina competed in skiing, soccer, ice-

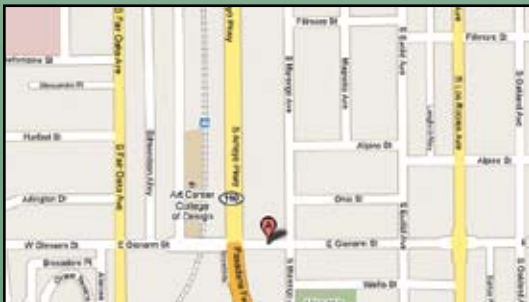
skating and running. She continues to be passionate about hiking, biking and roller blading. Her California lifestyle keeps her on top of many new forms of fitness.

Shortly after her arrival in the United States, Carina was nearly paralyzed in an accident that broke her neck in five places. Almost

fatal, it took two years of grueling physical therapy to recover. Strength training played a major role in her recovery and as a result, Carina became dedicated to helping others achieve their own fitness goals.

ABOUT PRO FITNESS NETWORK

Conveniently located in Pasadena, near the 110 Freeway, Pro Fitness Network has three separate studios to fit the many lifestyle programs. Personal treatment rooms, state-of-the-art gym and cardio equipment; even a shower for a quick turn-around before work.



INTRODUCTORY OFFER



3 ONE-ON-ONE SESSIONS
FOR \$150.00

a \$60 Savings

PERSONAL TRAINING
OR
KETTLEBELL TRAINING
OR
PILATES

OFFER GOOD FOR NEW CLIENTS ONLY.
MUST BE USED FOR 3 SESSIONS OF
SAME TYPE OF TRAINING.



"For the first time in my life, I actually look forward to exercising."

Jane Kaczmarek, Client

183 EAST GLENARM #101,107, & 108
PASADENA, CALIFORNIA 91105
626 799~7243

WWW.PROFITNESSNETWORK.COM
CARINA@PROFITNESSNETWORK.COM



HARMONIZED FITNESS
AND WELLNESS FOR YOUR
HEALTHY LIFESTYLE

FITNESS

Personal Training
Semi Personal Training
Kettlebell Training
Pilates

WELLNESS

Therapeutic Massage
Acupuncture and Reflexology
Nutritional Counseling

"Let us be your partner in creating strength, balance and well-being in your life."

Carina Weston, Founder and Trainer

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