



**uplift**

fitness & wellness center

## *Uplifting The Spirit for Optimal Health*

Uplift is all about you--our client. Our goal is to empower you to create growth and inner strength through education, compassion and professionalism. We are committed to enhancing the quality of life for each individual and to increasing awareness of health and wellness by our holistic approach to fitness.

Our team specializes in holistic health by teaching simple, practical and effective disciplines to attain complete wellness through personal training, group workout classes, BioSignature Modulation, nutrition, supplement protocols, and neuromuscular therapy. Our personal training methodology assists in educating the client on how to incorporate exercise back into their lives, leading them to an optimum state of health. Our wellness services are centered on body, mind and spirit awareness.

Our functional state-of-the-art gym and fitness facility offers our clientele a diverse, productive, affordable and accessible means of exercises and wellness supervised by a highly educated, well-trained staff. We have combined the best approaches to health and fitness of what both the Western and Eastern Hemisphere have to offer, all in one location and at affordable prices for the individual or family.

In best health,

Ashleigh Quint, Owner