



EASTSIDE ATHLETIC CLUB

# CLUB

2084 McGee Rd, Snellville--Across from Snell Fields/SGAA

## New Limited Membership

### FITNESS FACILITY



770-972-1080

[www.eastsideathletic.com](http://www.eastsideathletic.com)

## Eastside Fitness & Wellness Center

Built and directed by Steve Riley of Performance & Fitness Solutions, Inc., our brand new state of the art Fitness Facility guarantees to be the *most effective facility available*. With years of experience training clients of all level, Steve built the facility with one goal in mind: **effective fitness for everyone who participates**. Not getting the results you are looking for on your own or at your current gym? That's where we come in. No other place offers the level of help that Eastside Fitness & Wellness Center offers, all in a clean, PRIVATE, country club environment.



## Programming

The gap between joining a fitness center and knowing how to use it is one of the biggest problems in the fitness industry today. You may have access to some of the nicest and most expensive equipment; you might even get a "free" session with a personal trainer. **Do you really know the right plan for you?** At Eastside our members start with a health evaluation, a goal setting session, then move on to a physical assessment which includes movement and mobility evaluations----all before we write out **YOUR** program and make sure you know how to execute it. All the exercises, progressions, rest periods, etc. are spelled out for you. We even have video demonstration in the fitness center running full time! Our goal is to have the most intelligent, goal-achieving group of members of any club, anywhere.

**ONLY 150 MEMBERSHIPS AVAILABLE**

**The best in Personal Training, Fitness Classes, and Youth/Adult Sports Training**



Not getting the results you want? Tried everything you thought possible? Come find out the difference that Eastside offers. Your results will shock you. Our methods will surprise you. Get the most out of your time and efforts, let us show you how. Call Steve at 770-597-7603 for a preview appointment.

