

Fitness For People Over 30



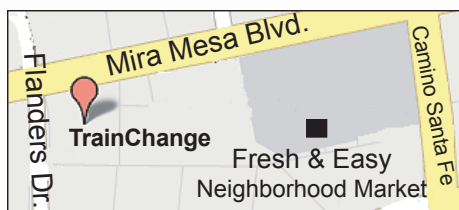
Have You Reached the Age When Training Smarter Is More Important than Training Harder?

Just as the life you lived while you were 21 changed from the life you're living today, the types of exercise routines and nutrition plans you follow must also change if you want to maintain your health.

As you mature your life becomes more influenced by things like your work, spouse, and family, and finding the time to take care of yourself becomes more challenging, yet even more important.



At the TrainChange Fitness Studio we understand both the physiological complexities, and day-to-day challenges, that make living a healthy lifestyle difficult. Using our experience, we've developed several unique training programs designed specifically to help you overcome these difficulties. From our 48 minute total body RPM circuit training and SpinTense indoor cycle classes, to our customized nutrition plans and exercise routines: *all you have to do is add us to your schedule we'll take care of the rest!*



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