

# We are looking for busy professionals!

*You sit too many hours a day, are highly stressed and have limited free time.*

*You're also ready to commit to making change.*

*A change to regain confidence, get rid of unnecessary fat, eliminate nagging aches & pains, gain strength, have more energy and have fun doing it.*

“Work off stress”

“Just steps away”

**Core Principles Personal Training Programs are designed so that you achieve those goals!**

Experience the benefit of training programs designed specifically to your needs

Train with like minded individuals and become a part of the Core Principles Community

Having an expert coach's eye on you to help you train hard & smart

Take advantage of the convenience of the 3001 Fitness Center



3001 Summer St  
Level D  
Stamford, CT 06905  
[www.coreprinciples-sc.com](http://www.coreprinciples-sc.com)

**Feel Better, Move Better, Live Better**  
Get started by contacting us  
(203) 914-6396 or [info@coreprinciples-sc.com](mailto:info@coreprinciples-sc.com)



CORE PRINCIPLES  
STRENGTH & CONDITIONING