

NEEDING RESULTS?

Ask about our individually customized packages!



at Wellman Family Healthcare

www.wellmanfamilyhealthcare.com

124 Chapel Crossing Road
Brunswick, Georgia 31525
912.996.5535

Specializing in Functional Fitness



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BODYWORK STUDIO912

"I am passionate about helping others work towards improving their quality of life through leading a healthier lifestyle. Every workout will yield favorable results leaving you feeling better, happier and healthier!"

Certified Trainer/Coach leads you through each workout -

- Clients will be lead through the fundamentals of proper form and technique to ensure each workout is safe and enjoyable

Functional Exercise is challenging, safe and customized to your goals

-I believe each workout should be fun, varied and designed to push your limits

Eating Clean will increase your energy and boost your performance and recovery

- A Food plan will be designed specific to you by altering your current intake enabling you to make better choices

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Call today to schedule your visit