

# Fitness Starts Here Your Neighborhood Fitness Club!



**ALWAYS OPEN    ADULTS ONLY**  
**STATE-OF-THE-ART EQUIPMENT**  
**ONE-TO-ONE PERSONAL TRAINING**  
**CLEAN, SAFE, AND SECURE**

397 Little Neck Road  
(Little Neck & Virginia Beach Blvd.  
Across From Home Depot)

## 216-5636

**NOW OFFERING  
PHYSICAL THERAPY**

**MOST INSURANCES  
ACCEPTED**



## DYNAMIC HEALTH SERVICES

**DIANE HAUPT, MS, P.T.**

**FREE INITIAL CONSULTATION**



- PHYSICAL THERAPY
- POST SURGICAL CONDITIONS
- SPORTS INJURIES
- WORK INJURIES
- BACK PAIN
- PERSONALIZED COACHING
- BIOMECHANICAL ASSESSMENT
- INJURY PREVENTION EDUCATION
- MOST INSURANCES ACCEPTED

*Please do not cut from directory.*

## PERSONAL TRAINING

- ONE-ON-ONE OR PARTNER TRAINING
- CERTIFIED PERSONAL TRAINING STAFF
- ADVANCED FITNESS TESTING
- SPORT-SPECIFIC TRAINING
- NUTRITION & WEIGHT MANAGEMENT PROGRAMS

*Please do not cut from directory.*

**MEMBERSHIPS AVAILABLE**

# \$5000 OFF

**ENROLLMENT**

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