



MIDDLE SCHOOL & HIGH SCHOOL STUDENTS GROUP TRAINING

OUR NEW ADDRESS

102 STATE RD. N.
DARTMOUTH, MA

OUR NEW FACILITY NOW ALLOWS US TO OFFER EXPANDED GROUP TRAINING!

ALL CURRENT SERVICES WILL STILL BE OFFERED:

A unique blend of resistance based exercises and HIIT style cardio. Specifically designed to help you lose weight, gain strength and tighten and tone those muscles. Using science based programming we have made movement patterns and mobility our top priority. These workouts will leave you feeling and moving better all while getting the results you are looking for.

-
- ✓ STABILITY
 - ✓ FLEXIBILITY
 - ✓ MOBILITY
 - ✓ MULTI PLAIN TRAINING *to decrease risk of injury*
 - ✓ PLYO METRICS *for speed and strength*
 - ✓ CONFIDENCE

JOIN TODAY!

info@saultfitness.com | 508.207.6608 | www.saultfitness.com