

The only thing better than having

**a Personal Trainer**

...is having **Michael Blauner**

**Come to Your Home**



# The Only Thing Better than Having a Personal Trainer ...is Having Michael Blauner Come to Your Home.

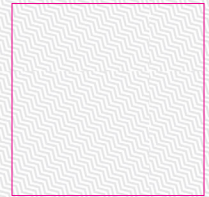
**Forget travel time to the gym or working out on equipment that so many other people use.** Personal Fitness by Michael Blauner comes directly to you—and designs a customized workout routine tailor made for your goals and your lifestyle.

Even better... **contact New Jersey's premier fitness expert at 201-665-0591** or [mbfit@optonline.net](mailto:mbfit@optonline.net) for your complimentary consultation and one free 30-minute personal training session.\*

\*First-time clients only.

[www.michaelblauner.com](http://www.michaelblauner.com)

PO BOX 1377  
RIDGEWOOD, NJ 07451



Keeping the **Personal**  
in **Personal Training**.



# Keeping the Personal in Personal Training.

## I take your results very personally.

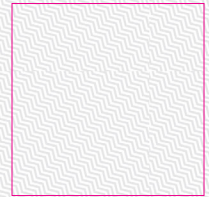
That's why I design truly customized workout routines for each and every client... an individualized exercise program that's highly effective and fun!

**Start your personal training today!**  
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Cookie Cutters are for Kitchens.  
**My Workouts are Unique**  
**—Like You.**



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## My Workouts are Unique—Like You.

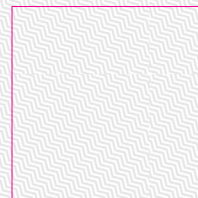
**No two people are alike—so why should their workouts be the same?** At Personal Fitness by Michael Blauner, you won't get a cookie cutter routine. You'll get a highly personalized workout developed just for you that you'll actually enjoy.

**Start getting results made for you—contact New Jersey's premier fitness expert for a complimentary consultation and one free 30-minute personal training session.\* 201-665-0591 or [mbfit@optonline.net](mailto:mbfit@optonline.net)**

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personal**fitness**  
by Michael Blauner

