

Allegro Moves Fitness

Schedule current to August 1, 2023

START YOUR JOURNEY!

Walk In-\$60

Pay once, use once-An hour personal training session with assessment and goal setting.



GET MOVING! Plan

\$200 per month; Basic starts at 6 months commitment

For the “everyday” client, Get Moving gives each client 8 sessions of personal training and a supplementary Home Plan. Clients still get the personal attention and goal driven support they need in which Allegro Moves is known for. Have that person who helps you stay on track through the expertise of Allegro!

MOVING! Plan

\$250 per month; Basic starts at 6 months commitment

For the client who has athletic goals or clients that need rehabilitation focus, MOVING Plans give each client 8 full hour sessions and 1 Nutritional Consult per month. Clients move forward faster when the whole body is the focus. Make the investment in your health!

Allegro Moves Fitness Schedule

1 hr sessions per client

Monday through Friday

5AM-9PM

Saturday/Sunday

5AM-5PM

BOOK YOUR SESSIONS TODAY!

630-818-6608 OR

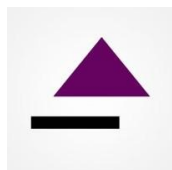
INFO@ALLEGRO-PERFORMINGARTS.COM

People come to Allegro Moves for physical and emotional nourishment. The combination of mind and body exercises of Allegro Moves Fitness provides:

- A fitter, leaner body
- Improved posture and balance
- Increased body awareness
- Improved concentration
- Greater flexibility and better range of motion
- Better overall health, energy and vitality
- Natural weight loss
- Lower levels of stress and tension

The concept of mind-body connection is not new and it is often said that exercise can help ward off depression as well as relieve stress. Perhaps you have tried other forms of exercise but feel something is missing.

Allegro Moves is the answer!



Allegro 1057 Station Dr, Oswego, IL 60543/630-818-6608/allegro-performingarts.com