

BARBARA BLACKBURN'S FIT EDGE

Motivational

Commitment followed by action will get you results. The process is highly motivating and empowering, both physically and psychologically.

Customized

Create the body you've always wanted. Innovative programs are designed to match your personal goals. Integrate fitness, nutrition and behavioral changes through this comprehensive approach.

Safe and Efficient

Safety is the top priority. Barbara provides quality workouts in a "no crowd" environment.

Breakthrough

Make a change! Are you bored with your existing workout? Training at the Fit Edge will jump-start you into a new level of fitness.

Lifestyle

Reaching your personal goal is just the beginning. There is no finish line. You will develop the tools to make healthy choices and establish new patterns of behavior. Create a new way of living in wellness.



CALL TODAY

FOR AN APPOINTMENT

408.354.4436

