

SUCCESS STORIES!



"Without the motivation from SGO Fitness, I would have been a great candidate for cholesterol medication at the age of 31 but instead I've improved my health and am running my first 5k race. Thanks for the extra years of life Sean; I couldn't have done it without you!"

-Gerardo Marquez



"Thank you to SGO Fitness! I am in the best shape I have ever been. I am 30yrs old and I never worked out a day in my life. I joined SGO Fitness in May 2010. The first day I could not even run 1/3 of a mile without stopping 4 times gasping for my breath. Four months later I can run 4 miles without stopping and I have beat my own mile time twice! I have lost over 20lbs and I have built endurance that I thought I didn't have."

-Marcela Alomia



"I have been attending SGO Fitness bootcamp classes now for about 5 months and cannot tell you how much it has improved my strength and endurance. It is the best investment I have made for my health and well being."

- Annamarie Tirsbeir



"SGO's Fitness Program has been both fun, and effective for me. Thanks to the SGO fitness team, I'm as in-shape now as I was 25 years ago. (And even better looking :-). Keep up the great work guys!"

-Steven Lewis

CONTACT US



Sean Gogarty ACE-CPT
Sarah Gogarty ACE-CPT

San Diego, CA

TEL : 619-300-6821

WEB : WWW.SGOFITNESS.COM

EMAIL : INFO@SGOFITNESS.COM



SGO FITNESS

**WE CHANGE LIVES,
NOT JUST WAISTLINES!**

BOOTCAMPS & PERSONAL TRAINING

SGO FITNESS

**WE CHANGE LIVES,
NOT JUST WAISTLINES!**

619-300-6821



www.SGOFITNESS.com



We Can Help You:

- **Lose Weight**
- **Burn Fat**
- **Get Energized**
- **Increase Strength**
- **Improve Flexibility**
- **Nutrition Guidance**
- **Online Coaching**
- **Relieve Stress**
- **Live Longer**
- **Beat Depression**
- **Motivating Group Atmosphere**
- **Trainers That Care!**

SGO Fitness Programs are FUN, energizing, and easy-to-follow workouts for people of ALL fitness levels. Our programs are designed based on the latest exercise science and proven fitness methods. We use cutting-edge training techniques and state-of-the-art equipment to provide the most effective total-body workout and deliver true functional fitness.

With us, **you will accomplish more in 60-minutes than most people do in 3 hours at the gym.**

Our dedicated and passionate Nationally Certified Trainers will challenge, motivate, & guide you to reach your fitness goals with enthusiasm, encouragement and support! When you've finished with us, you will look great, feel fantastic, and be in the absolute best shape of your life!

Our simple philosophy is this...**BE BETTER, HAVE FUN...EVERYDAY!**

OUR BOOTCAMPS: Energizing, effective, and easy-to-follow 60-minute small group workouts, for people of all fitness levels, using advanced training methods to improve strength, endurance, and flexibility. We offer Co-Ed, Women's-Only, and Bootcamps for specialized groups, (please see our website or contact us for more details.)

PERSONAL TRAINING: Expert Trainers work closely with you, 1-on-1, to create and execute an exercise program tailored specifically to your goals, needs, and lifestyle. You may select indoor or outdoor training. We provide the equipment.

SGO FITNESS

**WE CHANGE LIVES,
NOT JUST WAISTLINES!**

WHY OUR TRAINING PROGRAMS WORK?

- A HIGHLY VARIED, CHALLENGING & FUN EXERCISE PROGRAM
- ENERGETIC, ENTHUSIASTIC & DEDICATED TRAINERS
- FITNESS ASSESSMENTS AND BENCHMARK TESTING
- GOAL SETTING, MOTIVATION & INSPIRATION
- NUTRITIONAL COUNSELING