



**Wouldn't you like to  
BFIT before the Holidays?**

**If so, let BQuick Athletic  
Development help you get there!**

BQuick Athletic Development offers several options to help you achieve your health, fitness and wellness goals.

One-On-One and Group Training,  
Yoga and Pilates  
Bootcamp Programs  
Nutritional Consulting  
RMR, EMR, Body Composition Analysis

Not interested in One-On-One or Group Training? Let BQuick design a personal program for you. We will design and implement a fitness regimen for and with you to ensure that you are training properly and working toward all of your fitness goals the correct way!

Call or email Brandt Quick to hear about training locations or for a training venue that fits your individual needs.

**504.451.5391**  
**[www.bquickfitness.com](http://www.bquickfitness.com)**

**203 N. New Hampshire St.**  
**Covington, LA**

