

E.S.C.A.P.E

with



FITNESS



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EscapeWithFitness](http://www.facebook.com/EscapeWithFitness)

EXERCISE, STRENGTH, CONDITIONING AND PERFORMANCE EXCELLENCE

Are you ready to **E.S.C.A.P.E** the old you and create the new you?
Are you ready to **E.S.C.A.P.E** the laziness and achieve greatness?
Are you ready to **E.S.C.A.P.E** stagnation and start progressing?

Hi I'm Jordan Oliva, I have 4 years of knowledge and experience gained from my **Exercise Science Degree, Strength & Conditioning and Personal training.**

**“ When feeling overwhelmed by a far away goal, repeat the Following:
I HAVE IT WITHIN ME RIGHT NOW, to get me where I want to be. ”**

YOU CAN change your life for the better, **YOU CAN E.S.C.A.P.E** the old and become a stronger, fitter, faster and healthier person.

So why not hire me as your personal trainer and take the challenge to earn the reward?

- **Outdoor Cross Training**
- **Sports Performance**
- **Body Transformation**
- **Nutrition**
- **Program Writing**
- **Fitness Testing**



**Please call for a free consultation and to
book sessions**



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