

GET TO KNOW THE LAKEWOOD NATIONAL FITNESS CENTER!

STEP 1: SCHEDULE A FITNESS CENTER ORIENTATION

Join Fitness Director Sabina Tsvetkova on a tour and demonstration of how to properly use the fitness center equipment with good form. Get your questions addressed.

TO SCHEDULE A FREE ORIENTATION OR FOR ANY ADDITIONAL QUESTIONS, PLEASE CONTACT SABINA.

STEP 2: REACH YOUR FITNESS GOALS

- One-on-one Personal Training Plans Tailored to YOU
- Nutritional Guidance
- Golf Specific Training
- Corrective Exercise, & More!

CONTACT SABINA FOR A COMPLIMENTARY 15-MINUTE CONSULTATION!

FAT LOSS
•
STRENGTH
•
MOBILITY & FLEXIBILITY
•
GOLF FITNESS
•
CORRECTIVE EXERCISE



Sabina Z. Tsvetkova, Director of Fitness, Personal Trainer
N.A.S.M Certified Personal Trainer (CPT), Corrective Exercise Specialist (CES), Fitness Nutrition Specialist (FNS), Titleist Performance Institute (TPI) Level 3 Certified for Golf Specific Training, and Functional Movement Screen (FMS) certified.

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