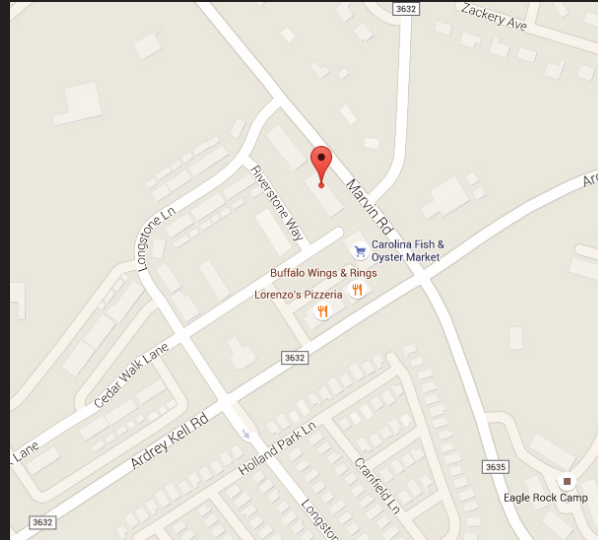




OUR LOCATION

**16615 Riverstone Way
Charlotte, NC 28277**



**PERSONAL TRAINING
& NUTRITION**

**Our Approach is
to deliver you
MAXIMUM RESULTS
in MINIMUM TIME!**

- ✓ "On Demand" Training
- ✓ Online Scheduling
- ✓ Convenient Location
- ✓ Accountability
- ✓ Mobile Responsive Website
- ✓ Scheduling App

HOURS:

MON – FRI: 5:00am – 7:00pm

SAT: 7:30am – Noon

SUN: 8:00am – 12:00pm



(704) 412-8719

www.everlastingchanges.com

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Your Goals

- **PAR-Q**
- **Strategy Session**
- **Fitness Assessment**
- **Program Design**



Your Benefits

- **On Demand Training**
- **Unlimited Sessions**
- **Motivational Texts**
- **Nutritional Guidance**

Your Results

Proven Monthly By:

- **Girth Measurements**
- **Caliper Measurements**
- **Before/After Photos**



"My husband and I joined Everlasting Changes in July of this year and we have been so pleased with the experience. We have found a wonderful place that offers us a supportive and knowledgeable staff that is helping us to reach our fitness and health goals. Brent and Jennifer are passionate and sincerely motivated to help their clients realize their potential. We belonged to many gyms previously, but the workouts can't compare to the ones we get here, and in a shorter amount of time! Thanks to Brent, Jennifer, and Danielle, and everyone at Everlasting Changes for what you are doing! We have found a home gym with you!" ~ Julie H.

"I've been working with Brent for 6 months and the results are incredible. He makes the most of our time together and really cares about my overall health. He holds me accountable to the commitments I've made for my health goals. He has a servant's heart like few people in this world. I feel like I've gone back in time 20 years. The best is yet to come as I continue to work hard and make better choices with my diet. My muscle mass is way up and fat way down. If you want to gain more energy and feel alive again, get in to Everlasting Changes right away. You won't regret it." ~ Lars H.