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Forever Fit Ribbon Cutting

APRIL 07TH 2016 BY DEE LOFLIN

Forever Fit Ribbon Cutting **Dexter, Missouri** - The Dexter Chamber of Commerce recently held a ribbon cutting for Forever Fit owned by Josh and Lori Robinson.

Together they have opened a private training facility in what used to be the Petal Stone in Dexter. Forever Fit is located at 13147 State Hwy D. They have outfitted their gym to "fit" the needs for a diverse group of clients and members who are looking to improve their fitness level, lose weight, gain muscle and improve their overall health and wellness.

Due to the desire to keep Forever Fit a private facility, the memberships will be capped at 30 total members. The Membership fees are \$125 per month and the fee includes a training program to help guide you while you are working toward your health and fitness goals. This program is sent to you in a text message daily and you will also be given access to Josh and Lori's secure library of exercise video tutorials to aid you in understanding how to safely and efficiently perform each exercise to maximize your efforts spent in the gym.

Nutritional programs can also be tailored to your specific goals. This will include a one to two hour consultation to discuss lifestyle and behavioral modification necessary to be successful as rapidly as possible. Josh or Lori will work to produce the meal plan that is just right for you.

For more information about personal training contact Josh or Lori at (573) 625-9159 or (573) 625-3842.

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