



**NEED HELP WITH YOUR FORM?**

**LOOKING FOR ADVICE ON  
HOW TO SQUAT, BENCH, OR  
DEADLIFT?**

**JEFF KUKLA - CERTIFIED FITNESS COACH**

**COMPLIMENTARY COACHING AND ASSISTANCE**

**NO COST TO YOU!**

**Where:** Vero Fitness Powerlifting Gym

**When:** Mondays, Wednesdays, & Fridays  
4:00pm-7:00pm

**How:** Just ask Jeff for help!

**LOOKING FOR 1 ON 1 PERSONAL TRAINING?**

**EMAIL: [DANIELLE@VEROFITNESS.FIT](mailto:DANIELLE@VEROFITNESS.FIT)**