

Group Training with Nancy Griffin

This intimate class will keep you accountable with on-line support, a new workout each week and meal plans to drop weight fast!



Listen to what my Group and Private clients are experiencing...

"I have dropped multiple inches and 3 pant sizes!" -Kiyomi in McMurray

My energy levels are through the roof! Nancy pushes me to work harder than I would on my own, while making every session enjoyable. The exercise is a blast and she really knows her stuff. -Debbie Cargiene

There is a power and bond in our team that can overcome any obstacle! My girls are losing weight and inspiring each other. We even have a private FB group that keeps everyone on track and inspired!

Tear yourself from the intensity of the gym and welcome a new intimate experience. The spaciousness and smart decor will put your mind at ease while your body kicks into gear for an intense, up-beat workout that is appropriate for "your body"!

Every week is a new workout and a new challenge. Join me at Keystone Physical Therapy in McMurray for Group Training or my studio in North Strabane for Private or Partner Training and be transformed!

When: Mondays 9:30 am –OR- Wednesdays 5:45 pm

Where: Keystone Physical Therapy
155 Waterdam Road, McMurray, Pa 15317
Aerobics Room, enter door to Left

Check www.SkinnyJeansForever.com "Class Schedule" for current session length, dates and times

Need to more? Call Nancy at 724-747-0537 or email nancy1@skinnyjeansforever.com

Like me on www.Facebook.com/ScoopOnPilates

Friend me on www.Facebook.com/SkinnyJeansPilates

See More Comments on page 2...

More Comments from clients:

Thanks to Nancy Griffin I am finally able to say that I am even healthier and happier than I ever imagined that I could be. In various points throughout my life, I have dreamed of living a healthier lifestyle. However, it was always difficult for me to find the right motivation and an exercise program that would keep me interested for more than a few weeks at a time.

I have dropped multiple inches and pant sizes over the past 9 months. When I meet with friends that I have not seen in a while, their responses are always the same: "You look thinner! You look taller! You look younger!"

In addition, there has been an extreme transformation in my posture and flexibility, which is tremendously important because I suffer from a significant leg injury. More importantly, exercising no longer feels like a burden to me; instead, I look forward to it. -Dawn Mortimer