



Getting to Know Cumasú

Our name is a nod to our distant Celtic roots.

Cumasú (pronounced cum-uh-soo) is literally the Irish translation of the word *empowerment*. And empowerment is exactly what we promise to provide before, during and after your fitness transformation. At Cumasú Personal Fitness & Athletic Development our goal is pretty darn simple . . . we want to be your wingman during your journey to reclaiming overall wellness and physical fitness. You provide the dream, the goal and the moxie, and we'll provide inspiration . . . motivation . . . a cheerleading squad . . . and most important, a personally crafted strategy to help you arrive at your destination.

We are your starting line for fitness and athletic development. Pure and simple. For where you are now and for where you want to be. No judgment. Just unconditional empowerment. We are ready to partner with you when you are ready to begin the journey.

Ready . . . set . . . let's do this!

Call 860.944.4976 and book your appointment today!



PERSONAL FITNESS & ATHLETIC DEVELOPMENT

Empowering Your Best Self!

P.O. Box 724
Glastonbury, CT 06033

860.944.4976

For additional information on services, rates and more, visit:

cumasufitness.com

We make House Calls!

Personal Training and Athletic Development
in the comfort of your home, park or office!

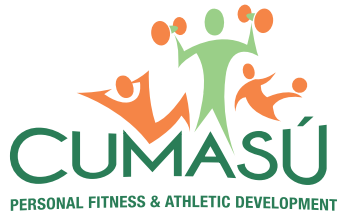


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Empowering Your Best Self!

Coming to your home ... park ... or office!



We make house calls! Yep . . . we're mobile . . . and comin' to the privacy of your own living room, home gym, backyard or park! We'll even come to your office and start a group class at your

place of business (if the boss approves)! We'll bring our equipment to you, or use what you already own. Warning . . . trainers reserve the right to head to the pool, the park, the hiking trail or the tennis court to maximize fun and shake it up. Boredom is not an option!



Personal and Group Fitness Training

If you are looking for somebody to yell at you, crack the whip, and demand that your body do wicked stunts on the way to your destination . . . then we are so not the right place for you! We don't do crazy here! We believe fitness can be fun. And not boring. And that at the end of the day, the secret to physical fitness is really moderation and consistency. For the rest of your life. We believe that you didn't get here overnight and you won't see success overnight either. And that to arrive at your destination, patience has to be a top virtue. And finally, we believe . . . actually we know . . . that choosing to love your body and yourself where you are now, is a super effective and super essential tool you gotta' have on your journey.



Athletic Development

We love coaching kids! Developing their potential and uncovering hidden talent is just . . . well, it rocks! Kids have a different energy than adults (and more of it!), a different focus (usually way less!), and sometimes, more urgent goals (high school varsity tryouts in August!).

Strength/conditioning and agility training for *all sports*

Specialized training in:

• Soccer • Tennis • Crew

Athletic development for kids of all ages can make the difference between no playing time and staying in the entire game. And a continuous commitment to strength,



conditioning and agility can totally set your son or daughter apart from the competition and make Coach take a second look. We've got a camp, clinic or one-on-one session designed to meet the need.

"Thursday's Child"

We absolutely believe every child has limitless potential. But we also know that some kids face more



challenging obstacles than others. Being overweight as a kid has serious social, physical and emotional side effects. Kids need to have fun. And just be kids!

That's their full time job! So our training philosophy for *Thursday's Child* embraces the idea that working out doesn't have to be something you dread, but something you look forward to. In fact, "working out" isn't even in our vocabulary when it comes to helping kids ages 4-13 find their inner athlete and best physical self! We create activities and games and contests with built-in rewards and incentives, that will not only have your child excited to come to class, but burning calories and losing weight in the process.

For additional information on services, rates and more, call us at

**860.944.4976 or visit
cumasufitness.com**