

PRECISION FITNESS

An Innovative and More Effective Way of Training

- 1-on-1 training includes extremely high intense work with kettle bells, ropes, and theraballs.
- Learn a huge array of generally unknown exercises which train the muscles of the body to work together and promote overall strength, endurance, and balance.
- We promise that if it is not the best workout you've been through then we do not expect you to come back.
- Get a FREE one hour session to see for yourself.

Location: 50 Underhill Blvd, Syosset NY 11791

Contact: Pat Doherty at dohepa@gmail.com or 516-314-7654

Bio: Pat wrestled at Chaminade and Gettysburg College. He was captain of the team at both institutions, holds the record for wins at Chaminade and was an Academic All American at Gettysburg.
