



**Special Alderman Oaks Program**  
**Discounted Rates for Residents**  
**Family Members and Staff**  
**SCHEDULE A FREE WORKOUT!**

**Facility Information**  
**Blake Weinstein, General Manager**  
**209 North Lime Avenue**  
**Sarasota, FL 34237**  
**(941) 361-1000**  
**downtownsrq@20minutestofitness.com**  
**www.20minutesoffitness.com**

**Hours of Operation**  
**Monday: 7:30am – 5:30pm**  
**Tuesday: 7:30am – 7:00pm**  
**Wednesday: 7:30am – 5:30pm**  
**Thursday: 7:30am – 5:30pm**  
**Friday: 7:30am – 1:00pm**  
**Saturday: 7:30am – 2:00pm**  
**Sunday: Closed**

**Hours may vary depending on client needs**

## **Welcome to the "Anti-Gym"**

Feeling too busy to exercise? Or do you think you're too old, too out of shape, or have too many medical problems to get fit? Or maybe you just hate exercising, period.

The truth is, for many people, typical fitness centers don't work. They require you to buy a membership. Then they expect you to visit three to five times a week. And for what? To wait in line to work out on equipment that produces results you can barely measure.

It's no wonder most people give up long before their memberships expire.

### **The world's most efficient workout!**

20 Minutes to Fitness is different. Using scientifically based strength-building methods, we make it possible to achieve in one weekly 20-minute session what might require three or more hours a week in a traditional fitness center.

You will train under the watchful eye of your personal fitness coach on high-end Specialized Medical Grade Equipment originally designed for use in physical therapy. Depending on the studio you train at, your coach might be a physical therapist, registered nurse, exercise physiologist, kinesiologist or certified fitness professional.

Your personal coach will guide you through a total body workout, guiding you so you lift weights in slow but continuous movements until the point at which your muscles can no longer perform. This point is called muscle exhaustion.

Both safe and effective, our workout can be fine-tuned for people of any fitness level – from sedentary teens, elite athletes and stay-at-home moms, to time-starved professionals, 80-year-old grandmas and competitive cyclists.

Plus, there are no lines to wait in or memberships to buy. You can even work out in your street clothes if you wish. And all it takes is one 20-minute session a week.