

## FITNESS AMENITIES

- College Degreed and Certified Staff
- Health and Fitness Assessment for All Members
- Complimentary Training Sessions
- Individualized Program Design
- Nutrition Counseling with a Registered Dietician

## PERSONAL TRAINING (Membership Not Required)

- Trainers with Master's Degrees in Exercise Science
- Pick a Trainer that Matches Your Needs and Goals
- Weight Loss, Back/Joint Pain, Sport Performance
- Personal Trainers Should Have a College Degree, at Miracles Fitness it is a Requirement.

## FACILITY

- Comfortable Non-Intimidating Atmosphere
- Easy to Use Cardio Equipment Appropriate for All Abilities
- Safe Strength Equipment Using Air Resistance
- Heated Stretching Mats
- Fitness Instructors Available at All Times
- Locker & Towel Service

## SMALL GROUP PERSONAL TRAINING (Membership Not Required)

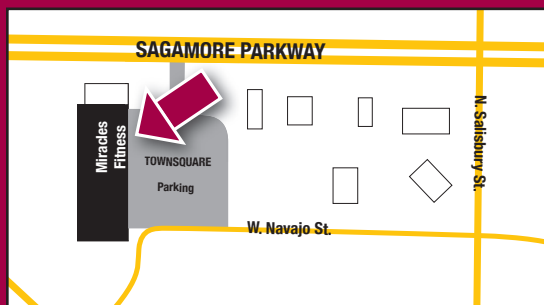
- Fall Proof™ Balance Program
- Biometrics™ Weight Loss Program
- Low-Back Health
- Strength Training for Women
- Cardio and Strength
- Miracle Abs

## ALSO AVAILABLE

- Massage Therapy provided by Center for Health Enrichment
- Physical and Occupational Therapy provided by Miracles Rehabilitation (A Unity Healthcare Partner)



ORDINARY PEOPLE. EXTRAORDINARY RESULTS.



# miracles fitness

917 Sagamore Parkway West  
West Lafayette, IN 47906

**765.463.2200**

[www.miraclesfitness.com](http://www.miraclesfitness.com)

Owners: Dan Ritchie, PhD and Cody Sipe, PhD

**HOURS**  
**M-F 6-8**  
**SAT 7-4**



**Our Mission:**  
 Miracles Fitness Inc. is dedicated to developing the overall well-being and health of each individual who seeks our support and service. Everyone is a welcomed guest and a cherished friend.  
 The Miracles program is a source of joy, inspiration and quality health support.

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**ORDINARY PEOPLE.  
 EXTRAORDINARY RESULTS.**



**ORDINARY PEOPLE. EXTRAORDINARY RESULTS.**

It's hard to join a health club when you're self-conscious about your appearance. That's why, at Miracles Fitness, we've created an atmosphere where everyone can feel comfortable. You won't find any Muscles-heads, revealing attire, or a "no pain, no gain" attitude. So if you're a person hesitant about joining a health club, visit Miracles Fitness and we'll make you feel at home.

**miracles  
 fitness**

**Ever felt like you needed to get in shape before you could join a health club?**

