



GYM GIOVINO

Would you like to:
live a pain-free life?
improve your posture, energy and fitness level?
increase your core strength and athletic ability?
burn calories and lose inches?
develop more body confidence?

If so, this is the training gym for you. Located near downtown Ann Arbor, Gym Giovino offers the comfort of a private gym combined with a customized approach to your specific challenges, activity level, and short and long-term goals.

Ann-Margaret Giovino is a power lifter and certified postural alignment specialist, trained in the *Egoscue Method*. She has discovered that many individuals who wish to embark on or maintain an exercise program first need postural alignment to ensure they are moving correctly, no matter what they are doing, throughout the day.

The *Egoscue Method* uses a daily practice of gentle exercises, stretches and static poses to create postural changes and release movement restrictions—freeing you to participate in weight training and cardiovascular activity without the threat of constant injury or chronic pain.

Gym Giovino caters to people of all ages and abilities, motivating positive energy, attitude and change. Whether you're new to exercise, want to work out with the support of a trainer, desire a special home program, or are constantly on the road, you'll receive the customized program you need.

"The exercises are a joy to do. I have full confidence that with each analysis and set of exercises, I am moving closer to well-functioning body alignment and movement. This program fills me with gratitude."
-- Maria Huntley, Grass Lake, MI

"I had increasing pain getting to severe in my low back for several weeks and after only three Egoscue workouts I am totally pain free."
-- Dolly Holek, Brooklyn, MI

Call 734-276-7769 today for further information, or visit www.gymgiovino.com for a schedule of free talks, upcoming workshops and other activities. And make the commitment to live a pain-free life. You owe it to your body!