

EIT. HEALTHY. STRONG.



ProCare Physical

Therapy • Fitness • Performance

Your Life. Our Priority.



www.ProCarePhysicalFitness.com

Meet Justin Keblitsch

I have to say that having trained for many years in different gyms I have seen my biggest gains while training at ProCare Physical Fitness and Performance in Wyalusing. Balancing a weekly, personal (one-on-one) coaching session and one or two group training or bootcamp classes has made me stronger, faster, and more focused...always looking forward to the next workout!

Some of the key areas of growth are in core muscle group development, strength, balance and coordination, and conditioning. Along with that comes more muscle tone and definition. We supplement this with rest and a good diet.

I have to say a big part of my success is due to the outstanding personal coaching with Kristin Tiffany. These sessions are geared specifically to me as an individual and focus on areas I need to improve. Once you get your session tuned you will see big results.

