



# Change your **Body**, Change your **Life!**

Elite Fitness Training offers many different tools to help you reach your fitness goals.

- Personal Training
- Body Sculpting Programs
- Weight Loss Programs
- Boot Camp Classes
- Nutrition & Supplement Plans
- Competition Coaching & Prep
- Competition Posing Classes
- Rice-Lake Full Body Composition Analysis
- MyZone Exercise Tracking System
- Low-Carb Food Options



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6939 Indiana Ave, Unit A, Riverside, CA 92506 • 951-329-1624 • [elitefitnesstraining.com](http://elitefitnesstraining.com)