

Owners



Tom Bond



Jeanette & Randy
Rasmussen

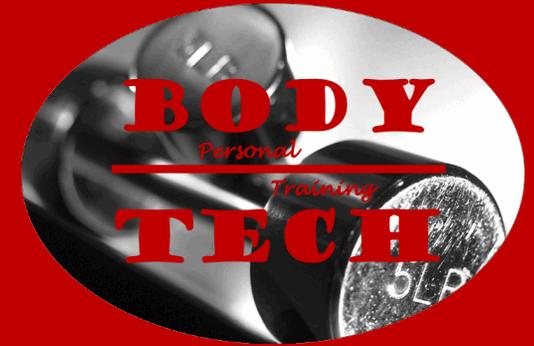
- Lose Weight
- Increase Energy
- Feel Younger
- Tone Your Body
- Lower Cholesterol
- Achieve Goals
- Control Diabetes

Location

We are located in the Preston Forest Village shopping center at the southwest corner of Preston and Forest. We are the last suite upstairs in the far southwest corner of the shopping center.

Body Tech
11661 Preston Rd. Suite 186
Dallas, TX 7523

Phone: 469-23-0300
Email: getfit@bodytechpt.com
Web: www.BodyTechPT.com



**Live better.
Live healthier.
Start today!**



Body Tech
11661 Preston Rd. Suite 186
Dallas, TX 75230

Now Offering
Massage

About Us

Body Tech is a family owned and operated Total Body Fitness Center. We strive to make everyone feel comfortable and welcome. We provide an upscale, nice, & friendly atmosphere for you to work out with your trainer or on your own.

As a new client at Body Tech you will receive a free fitness evaluation and personal training session.



We have both men and women trainers to choose from. All of our trainers are certified fitness specialists and are dedicated to helping you reach your goals.

What We Offer

- Personal Training
- Pilates Training
- Nutritional Guidance
- Fat Loss Programs
- Massage
- Muscle Building
- Tanning
- Yoga (one on one)

Membership

- No Long Term Contracts
- Month to Month Membership
- No Startup or Initiation Fees

Benefits of Physical Activity

Engaging in physical activity of some sort can help improve your quality of life so that you can live longer and healthier. Regular physical activity can help you lose weight, lower blood pressure, and lower your cholesterol. Our personal trainers can create a safe exercise program customized specifically for you. It is very important that an exercise program is specific to your needs. A trainer can be very beneficial in helping to keep you motivated so that you can achieve your goals.

Ready to Get Started?

Call Tom or Jeanette at

469-232-0300

and setup your FREE*
Personal Training Session
and Fitness Evaluation.

(*New Clients Only.)



Trainers

