

Welcome to The **INTRAFITT Total Health & Fitness Center** in Midland, NC.!

**Call Today for an Appointment at 704.781.0400 or confirm your
appointment right now on line at;**

At the INTRAFITT Total Health & Fitness Center in Midland NC. we are in the business of teaching people how to completely and entirely "Re-Program" their mind, body and spirit to be fit, strong and healthy for life!!



No other facility in the world offers the level of service, education and results presented by the INTRAFITT Total Health and Fitness Center in Midland, NC. and no other nutrition and exercise program in the world parallels the efficacy that the INTRAFITT Individualized Nutrition and Exercise Program has become known for!

Owned and operated by 24 time National Bodybuilding Champion [William Smith](#) (aka Billy [THUNDER](#) Smith) also know for his role as THUNDER on television's "original" American Gladiators is also the President, Founder and CEO of INTRAFITT Inc. a California based Corporation founded in November of 1992; now the Flagship of this exclusive up and coming International Franchise!

The INTRAFITT Total Health & Fitness Center is open Monday thru Friday from 7am-10pm and Saturdays from 9am until 12:30pm with private training and nutrition consultations by appointment only.

Aside from the six-thousand square feet of custom built Legend Strength Training Equipment and State-of the Art, Treadmills, Ellipticals and Stationary Bikes; this one-of a kind Pro-Teaching Facility offers the very best in custom conditioning packages and guaranteed results! Correspondingly, the **FITT Series® Conditioning Packages** are custom curriculums ranging from 3 weeks to 72 weeks of comprehensive one-on-one nutrition and exercise guidance and instruction with an INTRAFITT Technician certified in Clinical and Sports Nutrition and Exercise. In fact, no other conditioning clinic in the world provides a more cost effective and efficient conditioning curriculum with guaranteed results that are second to none!

Everything you need to be optimally successful at achieving your desired health & fitness goal is provided as part of the **FITT Series® Conditioning Packages** (including a heart rate monitor, digital food scale, thermal food bag, energy releasing formula, INTRAFITT Daily Fitness Planner and Instructional Strength Training CD)!

If you would rather begin your journey to optimal health, fitness and performance at a more regulated pace, you may do so with our new "Quick Start" Package as described below.

Proprietor and Onsite Director of Clinical and Sports Nutrition and Exercise Programs

William G Smith

William Smith, is the President / CEO and Founder of the INTRAFITT Corporation, established in California in 1992. Since its origin, William has been directly responsible for the development and growth of the Corporation and now spends the majority of his time researching and developing new dietary and exercise related platforms and applications which parallel the new and radical sciences of Dietary and Exercise Neuroendocrinology and PNEI (psycho, neuro, endocrino,

immunology) which together William believes will completely and entirely revolutionize human health, fitness and performance!



The "Custom FITT-18" Series Package Includes

SERVICES

- Custom Diet & Exercise Program Fabrication
- 54 Private Strength Training Sessions
(3 sessions per week for eighteen weeks)
- 54 Private Plyo/Cardio-Conditioning Sessions
(3 sessions per week for eighteen weeks)
- Initial Nutrition & Fitness Assessment
- 54 Dietary and Progress Evaluations
(3 sessions per week for eighteen weeks)
- 24/7 Access to Online Nutrition and Exercise Coach**
- One Year Membership to Facility
- Monthly Body Composition Evaluations

ACCESSORIES

- Heart Rate Monitor
- Digital Food Scale
- Daily Fitness Planner
- Instructional Strength Training CD
- Pocket Calculator
- Thermal Food bag
- Energy releasing Formula

GUARANTEED RESULTS*

- Optimal Energy, Strength & Concentration
- Body Fat Loss of 30-45 Lbs.
- Increase in LBM of 15-20 Lbs.

PRICING

\$399.00 Down & \$199.00/month for 12 months then Defaults to \$49.00/month

****Results ARE Guaranteed with this Program***

"Custom FITT Series Packages" Range from 3 week to 72 week Applications; Prices will vary accordingly.

The "Quick Start" Package Includes

SERVICES

- 2 Private Strength Training Sessions
(2 sessions per month for one year)
- 2 Private Plyo/Cardio-Conditioning Sessions
(2 sessions per month for one year)
- Initial Nutrition & Fitness Assessment
- 12 Progress Evaluation Sessions
- 24/7 Access to Online Nutrition and Exercise Coach**
- Custom Diet & Exercise Program Fabrication
- One Year Membership to Facility
- Monthly Body Composition Evaluations

ACCESSORIES

- Heart Rate Monitor
- Daily Fitness Planner

GUARANTEED RESULTS*

- Optimal Energy, Strength & Concentration
- Body Fat Loss of 9-12 Lbs.
- Increase in LBM of 6-9 Lbs.

PRICING

\$299.00 Down/\$59.00 month for 12 months then Defaults to \$49.00/month

****Due to Minimal Hands-On Instruction with a Certified Technician Results with this Program ARE NOT Guaranteed.***



Additional Features and Amenities Include;

- ◆ Lose 50 to 100 pounds of body fat while maintaining and increasing your metabolic rate
 - ◆ Learning how to prepare for and compete in a bodybuilding competition
 - ◆ Obtaining optimal health & fitness
 - ◆ Learning sport specific training applications
 - ◆ Overcoming obesity and eating disorders
 - ◆ Optimizing cardiovascular conditioning
 - ◆ Reconciling hypertension
 - ◆ Learning Type I and Type II diabetes management
 - ◆ Reconciling osteoarthritis and rheumatoid arthritis
 - ◆ Smoking cessation
 - ◆ Reconciling digestive problems and disturbances (including GERD)
-and many, many more!



With more than 5,000 square feet of open and temperature controlled exercise space; the INTRAFITT Total Health & Fitness Center in Midland, NC. offers the very best in;

- Private one-on-one strength training instruction specializing in the Applied Sciences of Isotonic Conditioning
- Nutrition & Fitness Assessments
- INTRAFITT Individualized Nutrition Programs
- Private Spinning Classes
- Speed/Agility Classes
- Plyometrics
- Ballistic Conditioning
- Group Fitness
- Abdominal Classes
- Cardiovascular Conditioning
- Submaximal Lactate Threshold Evaluations
- Body Composition Assessments



All FITT Series Packages Come Complete with a Critical Tool Kit (shown above)

- INTRAFITT Daily Fitness Planner
- INTRAFITT Food Exchange Calculator
- Heart Rate Monitor (time in range feature)
- Digital Food Scale
- Instructional Strength Training CD
- Thermal Food Bag
- Recipe and Video Demonstrations Featuring Whole Natural Foods

Contact Us Today for a Complimentary Nutrition and Fitness and Body Composition Evaluation!

704.781.0400

info@intrafitt.com