

Prospr⁹

WELLNESS. FITNESS. PERFORMANCE.

PLACE YOUR HEALTH FIRST!



OUR HISTORY

EST in 2020 during the height of the pandemic, we began to offer virtual training and science-based fitness programming both online and in-person



OUR VISION

promoting the synchronization of mindfulness and fitness, scientific personalized approach. Implementation of unconventional methods to challenge the mind and body.



OUR MISSION

is to educate clients on the proper training principles and nutritional fundamentals needed to ensure: accuracy, timeliness, and safety while in the pursuit of goal accomplishment.



**HEALTH IS WEALTH,
CONSCIOUSNESS IS KEY...**

ABOUT US

At Prospr 9, our training philosophy is centered around the principles of:

Performance, **R**ecovery, **O**bservation, **S**taying **P**repared, and then **R**epeating the cycle of proven success for continued mental & physical development!



WHY CHOOSE US?

Experience and applied knowledge. Results that will lead to gains inside and outside the gym. Classroom, boardroom, and anywhere in between. Learn as you grow. The gym can be intimidating when you have no idea where to start. We are here to help you place your health first!



Wellness

Mental health, Nutrition, Goal planning



Fitness

Assessments, science-based personalized approach



Performance

Mindfulness, development of mental fortitude, goal-setting, self-development



www.prospr9.com



NYC. MIA. DAL. LOS