

Radiance - The quality or state of being radiant.



So you can ...

POWER
STRENGTH
STABILIZATION



PERSONAL TRAINING

to improve your quality of life



Michael Florendo - Personal Trainer

Certified Personal Trainer, National Academy of Sports Medicine (NASM)
Certified USA Boxing Coach Level 2, USA Boxing
Certified CHEK Holistic Lifestyle Coach Level 1, C.H.E.K. Institute



Private and semi-private training available

1612 W. Lewis Street San Diego, CA 92103 | Tel: (619) 299-1443 | www.radyoga.com