

Advanced Fitness

PERSONAL TRAINING AND SPORTS PERFORMANCE CENTER

224 East State Street, Kennett Square, PA 19348
Contact Us: (610) 444-1711 or info@fit224.com

Interested in personal training? Know someone who is?

Advanced Fitness
Try Our
AUGUST SPECIAL!

One month of personal training
for only \$89.99*

Details:
* 1 weekly training session with one of our personal trainers
* Unlimited use of classes throughout the week
* Individualized workout plan

And there's more!!

If a friend you refer signs up, you will be entered into a drawing to receive a FREE month of training!!! There is no limit on the number of entries.

Contact us for more information
Call 610-444-1711 or email us

*August special is valid for new memberships only. Offer valid until 8/31/10

Directions to Advanced Fitness

From North – take **Route 1 South**, follow signs for Kennett Square and **bear right to exit** at Wal-mart (it is not clearly marked Kennett Square). You will be on **State Street** as you enter Kennett Square borough. Once you pass the Kennett Square YMCA, you will see a large banner across State Street. **Advanced Fitness** is located on the **left** hand side immediately after the banner and next to the Kennett Square Post Office. See below for parking.

From South – take **Route 1 North** and exit at the Kennett Square **exit for route 82 South/ Union Street**. Take Union Street (Route 82) until you reach **Cypress Street**. Take **left** on **Cypress Street** and follow until **Willow Street**, take **left** on Willow. Then take your next **left** on **State Street** and **Advanced Fitness** is on your **left** hand side immediately after the banner (next to Post Office). See below for parking.

From Delaware on Rte 41 — Take 41 North into Pa. Make **Right** after train tracks and onto Baltimore Pike. Stay **Right** when road splits, you're on Cypress. Make **Left** on **Willow** then **Left** on **State Street**. **Advanced Fitness** is on left immediately after banner across State Street, and next to the Kennett Square Post Office. See below for parking.

For personalized directions from Google Maps, [click here](#).

Parking: Limited street parking is available in front of Advanced Fitness. There is additional metered parking behind the Post Office & Library. Access is from Marshall St. off of Cypress Street. Parking next to the clinic in the parking lot is not permitted.
