



David Zid

TOTAL
HEALTHWORKS

LIFE CHANGING FITNESS

Alzheimer's ▪ Parkinson's ▪ Adults 50+



Jackie Russell

Evidence-based online exercise
from the comfort of your home!

LIVE ONLINE CLASSES
ON-DEMAND WORKOUTS
ONLINE PERSONAL TRAINING

FREE! 14 DAY TRIAL
Learn more today!
TotalHealthWorks.com