

FEBRUARY 2023

OPS NEWS

The official business newsletter of Optimum Performance Studio



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OPTIMUM PERFORMANCE

STUDIO



**ASIA'S PREMIER
EDUCATION & TRAINING
FACILITY**



STAY FIT - STAY HEALTHY
WORKOUT FROM HOME

CARDIO | WEIGHTS | RECOVERY | FITNESS | ACCESSORIES
BUILD YOUR HOME GYM: WWW.COREFITNESSHK.COM

NASM Articles & Podcasts



Free!!!

Stay
AHEAD
of the game

As a Certified Personal Trainer it is your responsibility to stay in the KNOW.

The NASM articles published twice weekly, are a very useful resource for any Personal Trainer or fitness enthusiast.

THE NUMBER 1 PERSONAL
TRAINER CERTIFICATION

NASM SELF STUDY

World-Class Education | Personal
Training | Nutrition | Group Fitness

START YOUR FITNESS
JOURNEY TODAY

The logo for NASM International, featuring a stylized white swoosh above the text "NASM" in a bold, sans-serif font, with "INTERNATIONAL" in a smaller font below it.

3 CHALLENGING YOGA POSES MADE EASIER WITH TRX



Krystal Say is here to explain how the Suspension Trainer can be the ultimate support tool for some of those more challenging yoga poses.

[READ THE FULL ARTICLE](#)

CONTINUING EDUCATION



LEARN
MORE

STAY CONNECTED

social media
marketing



FITNESS STUDIO FOR HIRE

OPEN



IN THE HEART
OF CENTRAL



STUDIO RENTAL FEES

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COVERED...**

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**LIVE
EDUCATION
IS BACK**

*You're
Invited!*

CONTACT



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TRAIN THE WAY YOU PLAY!



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