

Free  
Demonstrations

# Indy Health and Fitness

Food Provided  
By Pita Pit

invites you to an

## OPEN HOUSE

to celebrate the successful creation of a unique health  
and wellness facility

Wednesday, October 6, 2010

6:00 pm - 8:00 pm

Meet  
Indianapolis  
Colts, IRL, &  
NHRA drivers!

8660 Guion Road  
Indianapolis, IN

Autographed  
NFL and racing  
door prizes

### Indy Health and Fitness

The goal of Indy Health and Fitness is to create a unique health and wellness opportunity: a complete service environment that up until now has been non-existent., the facility is open to those in the general public looking for peak performance in their personal health and well-being.

Located in the heart of the racing community at 8660 Guion Road, off 86<sup>th</sup> 1 block west of Michigan Road. The facility is home to a variety of businesses that specialize in an array of health related industries.

PitFit Training - Motorsports/Sports Performance  
Dr. Rob Schroeder - Chiropractor  
Dr. Marcus McCray - Chiropractor  
Dr. Adam D. Perler - Foot and Ankle  
Jeff Sidwell - Rehabilitative Trainer  
Indy Sports Massage - Massage Therapy  
Lisa Slavens - Massage Therapy  
Brandy Mason - Colon Hydrotherapy  
Heather Thomas Yoga Classes  
Kristy Follmar - Cross Box Training  
Dan Underwood - UTurn Indy Boot Camps  
Innate Sleep Orthopedic Beds  
Cycling Classes  
Advanced Physical Therapy

