TURN BACK TIME

HEALTHY-AGING FITNESS & MOBILITY

WELLNESS





MOVE BETTER.

Keep doing what you love.

Personalized assisted stretching

Mobility • Strength • Balance

Add Celluma Red Light Therapy

to any session

30 OR 45 MINUTE SESSIONS

Inside The Esthetics Studio

443 Apollo Beach Blvd

BOOK YOUR SESSION

TurnBackTimeWellness.com

turnbacktimewellness@gmail.com

Text: 908-319-2623

TURN BACK TIME
HEALTHY-AGING FITNESS & MOBILITY

WELLNESS

Meet Scotti Powers

NASM-CPT

Move with confidence.
Keep doing what you love.

CREDENTIALS & TRAINING

- NASM Certified Personal Trainer
- Certified Assisted Stretch Practitioner
- Cornell Nutrition Certificate
- FiTOUR Group Instructor
- Naboso Foot Posture Specialist
- M.S. in Training & Organizational Development
- Nutrition, Bone Health & Foot Posture Educator
- BoneFit Foundations & Peer Level 1 Educator

SCAN TO BOOK

BOOK A SESSION

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