



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



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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

SQUARE
BOOKING QR
GOES HERE

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