



Left to right: Owner Juanita Carnahan, and Fitness Director Karin Montoya

Pier Fitness is excited about the changes already in place and the many to come in 2016, such as the Alter-G anti-gravity treadmill, fitness challenges, new group training and new classes! We're here for you!!!

Karin Montoya, Fitness Director at Pier Fitness, brings you new programs, innovative fitness challenges and creates a fun energy as she understands clearly that fitness needs encouragement.

**803 E. Walnut Ave., Lompoc
Gives us a call at 736-3493**