

Commit to be fit in 2011

Starting soon! 8 week group personal training series.
Option of 1 or 2 times per week.

Training sessions include:

- ✓ Consultation
- ✓ Measurements
- ✓ Fitness Assessments
- ✓ Postural Analysis
- ✓ Dietary Analysis
- ✓ Metabolic typing
- ✓ Nutrition template
- ✓ Nutrition handouts

At the end of 8 weeks,

- ✓ Receive a Personal training fitness program
(designed with your specific goals)
- ✓ Final set of measurements

Limited Time Offer on this special rate:

Once a week for 8 weeks - \$225

Twice a week for 8 weeks - \$400