



## Effective and Fun Personal Training Programs

How you will benefit:

- \*Lose pounds and inches
- \*Gain strength and balance
- \*Gain flexibility and improve range of motion
- \*Tone and build muscle
- \*Learn new routines and achieve new results



## Easy and Affordable Plans

### Option A

**Month to Month**

**\$60 per 60 minute Session**

### Option B

**3 Month Program**

**\$55 per 60 minute session**

### Option C

**6 Month Program**

**\$50 per 60 minute session**

**Best Value!**

**\*Programs are billed monthly\***