



## PERSONAL TRAINING

Summer SPECIAL

July and August only!

Members Only.



**Members ONLY 4 PERSONAL TRAINING SESSIONS**

**INDIVIDUAL PROGRAM DESIGN**

**FULL BODY SENSING**

**One per customer for the month of July and August**

# \$99

**A \$167 VALUE!**

### WHAT YOU'LL GET....

**MOTIVATION:** WITHOUT EXTERNAL MOTIVATION, IT IS EXTREMELY DIFFICULT FOR MOST PEOPLE TO GET INTO SHAPE. THIS IS WHY MOST PROGRAMS FAIL, BUT NOT HERE. OUR EXPERT PERSONAL TRAINERS WILL MOTIVATE YOU EVERY SINGLE WORKOUT, BRINGING OUT THE BEST IN YOU! YOU WILL BE EXCITED TO WORKOUT AS YOUR BODY STARTS GETTING LEAN AND TONED.

**ACCOUNTABILITY:** SHOWING UP IS HALF YOUR BATTLE. OUR TRAINERS WILL HELP MAKE SURE YOU SHOW UP TO ALL YOUR WORKOUTS, KEEPING YOU ON TASK!

**SUPPORT:** OUR PERSONAL TRAINERS WILL GIVE YOU MENTAL, PHYSICAL AND EMOTIONAL SUPPORT THAT IS CRUCIAL IN MAKING CONSISTENT PROGRESS. IF YOU NEED US, WE WILL BE THERE! FOR MOST PEOPLE WHEN STARTING A PROGRAM WILL QUIT IN 30 DAYS. NOT YOU, BECAUSE WE ARE HERE TO MAKE SURE THAT DOESN'T HAPPEN TO YOU.

**STAY FIT:** NOW IT IS UP TO YOU TO TAKE THE FIRST STEPS TO A HEALTHIER, HAPPIER YOU!