

August Specials



Nutrition for Life

1 Initial Nutrition Assessment

4 Subsequent Nutrition Appointments

A value of \$270.00 NOW only **\$199.00**+hst



The Sampler

1 Fitness Assessment

4 Personal Training Sessions

4 Free Training Sessions

A value of \$240.00 NOW only **\$210.00**+hst

This Is Your Life! Live It! Get In Motion!!