

# JANUARY 2012

## FEATURES



### The Beginning

12 personal training sessions  
(60 min)  
12 free training sessions  
(60 min)

Cost \$600

### Support

1 Initial Nutrition Assessment  
(60 mins)  
8 subsequent nutrition visits  
(30 mins)

Cost \$399.50

**purchase these 2 packages together and  
receive an additional 25% OFF for a savings  
of \$249.88**

**THIS IS YOUR LIFE-LIVE IT!  
GET IN MOTION!**



**SUCCESS**  
519.542.6060

**LOOK GREAT**  
519.542.6060

**ACHIEVEMENT**  
519.542.6060

**KNOWLEDGE**  
519.542.6060

**STRENGTH**  
519.542.6060

**MORE ENERGY**  
519.542.6060

**HAPPINESS**  
519.542.6060

**FITNESS**  
519.542.6060

**WELLNESS**  
519.542.6060

**HEALTH**  
519.542.6060