

JANUARY WEIGHT LOSS SPECIALS

TRANSFORM YOURSELF IN 2011

FITNESS ASSESSMENT

- 1 INITIAL NUTRITION ASSESSMENT
- 48 PERSONAL TRAINING SESSIONS
- 48 FREE TRAINING SESSIONS
- 8 SUBSEQUENT NUTRITIONAL SESSIONS

VALUE \$3410.00
SAVINGS \$910.00
COST \$2500.00 PLUS HST

6 WEEK MAKEOVER

- 1 INITIAL NUTRITION ASSESSMENT
- 1 FITNESS ASSESSMENT
- 12 PERSONAL TRAINING SESSIONS
- 3 SUBSEQUENT NUTRITION SESSIONS

VALUE \$1000.00
SAVINGS \$325.00
COST \$675.00 PLUS HST

DL WEIGHT MANAGEMENT SUPPLEMENTS

VALUE \$59.90
SAVINGS \$15.00
COST \$45.90

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