

September Specials 2011

5 Home Training Sessions

Value \$325.00 NOW only \$250.00+ hst

Healthy Holiday Eating Tips

- 1 Initial Nutrition Session
- 4 Subsequent Nutrition Sessions

Value \$270.00 NOW only \$190.00 +hst

Personal Training Sessions

- 48 Personal Training Sessions
- 48 Free Training Sessions

Value \$2880.00 NOW Only \$1880.00 +hst



"LIKE" us on facebook by September 6th
and be entered to **WIN a 90 minute massage**
by Amanda Sargent, RMT

FREE Seminar on
Biomechanics of Running and Injury Prevention September 14th, 2011, 6pm

Limited seats available! Call to reserve yours today!

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