

SMALL GROUP PERSONAL TRAINING

MAIN ST.- DOWNTOWN
GREENVILLE

JANUARY 9TH -
FEBRUARY 17TH
6:15-7:20 AM

MONDAY/THURSDAY SESSION OR
TUESDAY/FRIDAY SESSION

PACKAGE INCLUDES:

-**Exercise:** Two 1 hour sessions each week in a small group setting.

-**Nutrition:** Learn why dieting doesn't work and gain the knowledge to empower yourself for a lifetime of healthy eating. Special Nutrition Seminar to take place *outside* normal exercise times (on Saturday- tba).

-**Evaluation:** Receive a posture & movement assessment to identify the areas limiting your body.

-**Beginners to advanced are welcome**
Limited to 4 participants/group.



RECEIVE
A 10%
DISCOUNT IF
PURCHASED
BEFOR
DEC. 25

6 WEEKS FOR ONLY \$250!