



Want to feel and look better?

Personal Training Special

15 - 60 minute sessions only \$1100

(Saving you \$160)

Our certified and experienced trainers will help you..

- . set goals or refresh your existing program**
- . create sound nutritional choices**
- . learn proper strength training techniques**
- . find motivation**
- . improve your health**
- . tone your muscles**
- . improve mental alertness**

FEEL AND LOOK BETTER!

To participate in this promotion contact

Dana Swift 202-457-5070