

APRIL PERSONAL TRAINING



SPECIAL



JUMP START YOUR SUMMER BODY NOW!

3 - 30 minute sessions for \$39.99 *FOR FIRST TIME CLIENTS*

1 - 30 minute Consult AND 2 - 30 minute workout sessions

OR

6-30 minute sessions for \$99.



Benefits of One-on-One

One-on-One Personal Training is simple... We will map out a plan to help you reach your goals. Your fitness regimen will be individual and easy for you to follow to reach YOUR goals in a timely manner.

Here are ways we can help:

- Weight Loss
- Muscle Building
- Muscle Toning
- Flexibility / Stretching
- Post Rehabilitation
- Variety of Programs
- Sport Specific Training
- Overall Health & Well Being



Offer expires April 30th. Session must be started in April but can overlap into May.
Personal Trainers: Josh Davis and Matt Hafler. Contact us TODAY! 570-685-8143

APRIL PERSONAL TRAINING



SPECIAL



JUMP START YOUR SUMMER BODY NOW!

3 - 30 minute sessions for \$39.99 *FOR FIRST TIME CLIENTS*

1 - 30 minute Consult AND 2 - 30 minute workout sessions

OR

6-30 minute sessions for \$99.



Benefits of One-on-One

One-on-One Personal Training is simple... We will map out a plan to help you reach your goals. Your fitness regimen will be individual and easy for you to follow to reach YOUR goals in a timely manner.

Here are ways we can help:

Weight Loss

Muscle Building

Muscle Toning

Flexibility / Stretching

Post Rehabilitation

Variety of Programs

Sport Specific Training

Overall Health & Well Being



Offer expires April 30th. Session must be started in April but can overlap into May.
Personal Trainers: Josh Davis and Matt Hafler. Contact us TODAY! 570-685-8143

APRIL PERSONAL TRAINING



SPECIAL



JUMP START YOUR SUMMER BODY NOW!

3 - 30 minute sessions for \$39.99 *FOR FIRST TIME CLIENTS*

1 - 30 minute Consult AND 2 - 30 minute workout sessions

OR

6-30 minute sessions for \$99.



Benefits of One-on-One

One-on-One Personal Training is simple... We will map out a plan to help you reach your goals. Your fitness regimen will be individual and easy for you to follow to reach YOUR goals in a timely manner.

Here are ways we can help:

- Weight Loss
- Muscle Toning
- Post Rehabilitation
- Sport Specific Training
- Overall Health & Well Being
- Muscle Building
- Flexibility / Stretching
- Variety of Programs



Offer expires April 30th. Session must be started in April but can overlap into May.
Personal Trainers: Josh Davis and Matt Hafler. Contact us TODAY! 570-685-8143