



“AUTUMN SHIFT”

4 DAY/WK TRAINING WITH TARGETED NUTRITION



SHORT TERM TRACKING, SMARTER CHOICES

BUILD STRENGTH, SHED FAT, AND FEEL BACK IN CONTROL THIS FALL.



New Clients



- ✓ 2 Payments of \$419.99 (Total: \$838.98 + Tax)
- ✓ Assessment included in the price
- ✓ 7 weeks of group training & nutrition coaching

Existing Clients



Register before Friday August 29th then:

- ✓ 2 Payments of \$389.99 (Total: \$799.98 + Tax)
- ✓ 7 weeks of group training & nutrition coaching
- ✓ Regular membership resumes November 1

YOUR 7 WEEK RE-SET: STARTS SEPT 15TH

