

FIT FOR ALL PERSONAL TRAINING

FITNESS FOR YOUR LIFESTYLE

It is time to get in shape, stay in shape, and live a healthier life!

Classes:

Tuesday: *weight training*- 5:30-6:15AM

Thursday: *cardio w/weights* – 5:30-6:15 AM

Pricing:

First class **FREE!**

\$20 per class

Couples & Family Discount

Fitness is a family affair. When members of the same household purchase packages together, they will receive a 10% discount on the second package purchased.

We are more than just another fitness video. Shannon has over 20 years' experience in the industry and offers *personal training* and communication during the classes. Enjoy a group fitness class or one on one training.

Ask about our Accountability Program!

Contact Shannon for all class/services questions 360.600.9824