

10 - Week Transformation

**SIGN
UP
NOW!**

Build Muscle, Burn Fat, See Results!

**Group
Training
2X per Week**

**Pre & Post
Assessment

Nutritional
Guidance**

**Learn New
Exercises
and
Training
Techniques**



Get Fit and Lean in 2012!

Only **\$519** + GST (up until January 22nd)

OR \$549 + GST (after January 22nd)

Compare to \$1088 + GST for 18 one on one sessions!

Bring a Friend! Non Member pricing available as well!

Assessments Start the Week of January 30th!!!