



Fitness Training

CALL TODAY

Are You Ready To Achieve Your Goals?

GROUP TRAINING

\$ Per Person	# of People
\$30	2
\$25	3
\$20	4

- 5-10 session commitment

1 ON 1 Personal Training

- Consultaion FREE
- Intro Special 3/\$80
- Single Session \$35
- Buy 5 Save 5: purchase 5 sessions for \$30 each



- Each sessions is 1 hour
- Must be a member at BSF or there will be an upcharge

Why a Personal Trainer?

- Motivation
- Consistency
- Accountability
- Efficiency
- Confidence



Body Systems Fitness

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