



GET READY TO
BUILD, BURN, LIFT & LEARN
in our IRON JUNGLE!!

INTRODUCING ... (BL)²

Are you struggling to lose unwanted body fat?

Wishing you could tone up and improve your overall strength?

Want to increase your energy and FEEL BETTER each & every day?

Join us for our new proprietary 6-WEEK - **BUILD, BURN, LIFT & LEARN PROGRAM** where you will learn the proper lifting technique to tone your body & build more lean muscle while also



burning calories with our unique metabolic meltdown circuit! This program is guaranteed to have you looking and feeling your best in just 6 weeks - right in time for the holidays!



**REGISTER TODAY as space is limited
to 8 spaces per timeslot!**

What's included? Before & after pictures and measurements, weekly weigh-ins; pre/post fitness testing, 6 weeks (18 classes) of small group training (maximum 8 per group), personalized program logbook, weekly motivational emails & check ins from your coach.

COST: \$249 non-members/\$149 members plus tax

DATES: November 6th to December 15th

MONDAY/WEDNESDAY/FRIDAY 4:30 or 5:30 timeslots

Lifestyles Health & Fitness Studio
1032 Main Street, Unit 1, Hampton
(506) 832-4848 www.lifestylesfitnessstudio.ca