



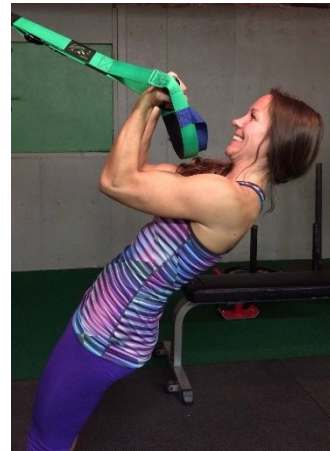
GET READY TO S.B.T.

Sculpt, Burn & Tone

Are you ready to take your workout to the next level?

Have you reached a point where you need to challenge your body in a new way to achieve your desired results?

Don't miss Sherry's small group ***Sculpt, Burn & Tone*** Small Group Training Sessions beginning this month! In these small group sessions of four participants, Sherry will incorporate suspension band training with cardio drills and body weight exercises to challenge your body and build your strength, endurance, power, coordination & flexibility to meet your personal goals. Program includes 8 small group personal training sessions over 4 weeks with pre & post fitness testing to measure your gains. Gather your own small group or sign up for a timeslot with openings to join an open group!



COST: \$159 non-members/\$119 members plus tax

START DATES: Week of October 23rd

SESSION TIMES: Monday/Wednesday 6 AM or 4:30 PM

Tuesday/Thursday 10 AM

Lifestyles Health & Fitness Studio
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