



# ***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?



In these small group sessions of four participants, suspension band training will be incorporated 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.

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

**START DATES: Week of January 15<sup>th</sup>**

**SESSION TIMES: Monday & Wednesday 6 AM**

**Tuesday & Thursday 10 AM**

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**Lifestyles Health & Fitness Studio**  
1032 Main Street, Unit 1, Hampton  
(506) 832-4848 [www.lifestylesfitnessstudio.ca](http://www.lifestylesfitnessstudio.ca)