



INTRODUCING our **NEW**  
PREMIUM MEMBERSHIP PROGRAM!

# LAUNCHING JUNE 1ST OUR *NEW* ALL-INCLUSIVE MEMBERSHIP PACKAGE FOR ANNUAL MEMBERS!

Stay on track and reach your goals faster with our *NEW* **Premium Membership Program** that makes it affordable for EVERYONE to have a Personal Trainer ALL YEAR ROUND! Choose from one on one or semi-private training with our new monthly payment plan.

**PLAN A:** \$109/month or \$99/month students/seniors

Includes membership + 3 semi-private personal training sessions monthly

**PLAN B:** \$129/month or \$109 students/seniors

Includes membership + 2 private personal training sessions monthly

Sign up in June &  
**SAVE 20%** on your  
first month on our  
**NEW Premium  
Membership  
Program**

Put yourself first –  
invest in your  
health!

**YOU** are worth it!

See a member of  
our team to find  
out how you can  
get started today!

**Achieve your  
personal goals in  
2018!**

**Lifestyles Health  
& Fitness**

**1032 Main Street, Unit 1**

[www.lifestylesfitnessstudio.ca](http://www.lifestylesfitnessstudio.ca)