



ONE TIME WEIGHT ROOM SESSION

WITH EITHER OF OUR TWO
EXPERIENCED TRAINERS.
INCLUDES A 1 HOUR CONSULT AND WEIGHT
ROOM SESSION WITH A TAKE HOME
ROUTINE TAILORED TO YOUR NEEDS AND
NUTRITIONAL INFORMATION. INSTRUCTOR
WILL SHOW YOU HOW TO PROPERLY WORK
THE EQUIPMENT AND THE CORRECT
MOVEMENTS YOU SHOULD BE DOING
WITH YOUR WORKOUT!

Sessions are \$40

All sessions must be paid prior to sessions.

MUST cancel 24 hours BEFORE session

or you will be charged

NONMEMBERS pay \$5 guest fee/session

CALL 337.519.2486 TO SCHEDULE

YOUR NEXT SESSION