



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