



T.E.A.M. Fitness Challenge



T....Training
E....Education
A....Accountability
M....Motivation



Personal Trainers encourage commitment and accountability.
Get personalized small-group fitness training and nutrition at 70% off the regular price –
NO GYM MEMBERSHIP REQUIRED!

Only \$249.99 (\$15/session) Per Group Participant Includes:

- 8-week strength training and cardio program (16 sessions) featuring small-group workouts which include a combination of functional strength training and fat burning cardiovascular exercises.
- Involves two group personal training sessions per week (session dates/times determined by the group).
- Nutrition meal planning and coaching every other week.
- Experienced and accurate instruction by a highly motivating fitness expert.

Inspirational TEAM Workouts Will help You Reach Your Goals!
Groups Are Forming Now! Team Minimum of 3, Maximum of 6.

For More Information and to Register a Team Today Contact:

FIT4LIFE Personal Training
2943 29th Ave. SW, Tumwater, WA 98512
www.fit4lifefitness.com
360.790.6767