



Cardio Burn

Not getting results?

Try our NEW group personal training.

A one hour work out that includes weights, cardiovascular, fitness assessments, and a nutrition plan.

Personal attention in a small group setting of 2-4 clients.
A one hour work out that gives you everything you need to lose weight and get in shape!

Cost:	= \$25.00 per session per session
Time and Date	= Call to book a trial session
Place	= Fit Behavior Rocky Hill/ Avon
To register	= news@fitbehavior.com Or call 860-529-9867