



Personal Training

**5 sessions
for only \$129**

What this includes:

- **Fitness assessment including body fat, posture screening, flexibility tests, cardio repertory recovery test, strength tests and**
 - **Nutritional analyses– stretching**
 - **Home programs– Gym Programs**
 - **And goal setting strategies**

Fit Behavior

news@fitbehavior Or

call 860-529-9867

Expires November 30th 2009, new clients only