



# Fit Behavior

*Personal Fitness*

## NEW

## 30 Fit

## PERSONAL TRAINING



Before



After

**6 days a week of  
Group personal training  
for the price of a  
One hour personal training  
session once a week!**



### Includes:

- Group personal training
- Weights / cardiovascular and abs!
- Unlimited workouts 6 days a week



## **COME TRY IT OUT—FREE!**

2139 Silas Deane Hwy Rocky Hill

Call (860)-529-9867 or email [news@fitbehavior.com](mailto:news@fitbehavior.com)

To book your complimentary 30 Fit workout