

Fall Slimdown

Join us this fall to reach your fitness goals! This 8 week program includes:

- ◇ 8 Personal or Group Training Sessions
- ◇ T-shirt @ completion of program
 - ◇ Pre and Post Measurements
 - ◇ 8 Week Membership
 - ◇ 2 Free Spin Classes
- ◇ 8 Saturday Morning Slimdown Classes



October 2nd — November 25th

Group Pricing: \$80 for members, \$120 for non-members

Individual Pricing: \$170 for members, \$200 for non-members