

Fitness For Life

Personal Training

Feel Better  Reduce Stress  Improve Health

Let Susan Glass, Certified Personal Trainer from St. Anthony be your fitness consultant and personal coach by designing a program based on your time and personal goals.

Give personal training a try if you...

- are a teen, adult, or senior
- need help getting started
- need motivation
- are looking for a change
- need some "me" time
- need some new ideas
- want to workout with someone
- have hit a plateau

Cost...

SPECIAL INTRODUCTORY OFFER-\$80-8 SESSIONS!!!

\$20-1 session

\$72-4 sessions

\$128-8 sessions

\$180-12 sessions

Partner Program-25% discount

****Non-members may purchase a 2 month \$30.00 membership when signing up for the **INTRODUCTORY OFFER!!!****

Susan Glass, Exercise Physiologist, Certified Personal Trainer

Name _____ Age _____

Home Phone _____ Work _____ Cell _____

Where and when best time to reach you _____

Interested in a certain type of program _____

List any physical limitations _____

Any additional information _____