

Summer Shape-Up

The Total Therapy Kinesiology Team

We are proud to announce a limited time offer to help you get off the couch, start losing weight and shape your body up for the summer!

Included:

3 week program, including 3 x 60 minute 1-on-1 training sessions with a Kinesiologist

Personalized take-home exercise program

Comprehensive assessment of your needs and goals

Why?

Look better, have better posture, and be able to reach and maintain a healthy body weight

Increases energy levels, improves your overall mood

Promotes weight loss

What to Expect:

Personalized home program after the 3 week period

Increased confidence in an exercise setting

Established exercise program to help you reach and maintain a healthy body weight

\$38/week* (3 week program)+HST.
That's a 50% Discount!

Sign up before August 4, 2012 and receive a Bonus 1 month Core Fitness Pass

*This package is only available for first time Kinesiology clients

KickStart Your Summer...



Summer Shape-Up

*Please note that this package is only available for first time Kinesiology clients

 **TotalTherapy.ca**
Rehabilitation & Wellness Centre

KickStart
Your Summer **'12**