

Been putting off starting to workout?

Need a new routine?

We have the answer.

PREMIER FIT

PSC's Adult Functional Training Program

- Open to adults of all fitness levels
- 45 minute small group sessions that combine strength & core training, conditioning and flexibility into one solid workout
- Each session is different and adds variety.
- **Build lean muscle (not bulk!), lose weight, increase energy, slow down the aging process, feel better about yourself!!**
- Fun & Challenging workout in a non-intimidating environment



Winter Special!
FREE Custom
Nutrition Plan
if you register
by Jan. 19th

WINTER Program Details

When: January 25th - March 17th (8 weeks)

Days: Monday/Wednesday 6:15-7:00pm

Tuesday/Thursday 8:30-9:15am

Cost: 1 day/week = \$15/session x 8 sessions = \$120

2 days/week = \$12/session x 16 sessions = \$192

(**Any missed sessions can be made up in the Spring session**)

To Register or schedule your Free trial session, call
(330) 487-0810