

# YOUR NEW FOUND ENERGY & STRENGTH BEGINS WITH AERIAL PERSONAL TRAINING

Private & Duet

Training with Ashley



# CHANGE THE WAY YOU LOOK & FEEL IN A FRESH NEW WAY.

- IMPROVE FLEXIBILITY
- GET IN SHAPE
- BUILD MUSCLE WITH GRACE & BEAUTY
- ENHANCE FOCUS
- RELIEVE STRESS

## PRIVATE & SEMI-PRIVATE

Ashley will guide and support you in meeting your fitness goals with fun and refreshing workouts using the aerial hammock.

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★ 10 Session Summer Package ★

## READY TO START?

CALL : 810-225-4529

## LOCK IN YOUR SUMMER RATES

PRIVATE TRAINING

**\$298**

2 PAYMENTS

SEMI-PRIVATE DUET

**\$198**

2 PAYMENTS

SAVE \$21

**\$575/\$375**

PAID IN FULL