

PERSONAL TRAINING

Train at your Corporate location or our private training facility, The Underground.

*Focus on your destination.
Feel better and have a leaner, more attractive physique.
We truly focus on your goals.*

LET'S "TRANSFORM" NOT ONLY YOUR BODY, BUT YOUR WAY OF LIFE!

PRE AND POST ASSESSMENT

REVIEW MEDICAL HISTORY

BENEFITS OF TRAINING

ACCOUNTABILITY
NUTRITION GUIDANCE
WORK TOWARDS GOALS
REDUCE STRESS
FEEL BETTER
GAIN MORE ENERGY
BUILD STRENGTH
ACHIEVEMENT

New Client Special:
Mention this flyer and
receive \$25 off your first
package.

*CORPORATE PRICING

\$315 for 6 sessions
\$400 for 8 sessions
\$570 for 12 sessions

UNDERGROUND PRICING

\$350 for 6 sessions
\$450 for 8 sessions
\$630 for 12 sessions

*Corporate pricing applies to our clients who are employees at our current corporate locations or are members at Lied Activity Center - LAC. Clients have the option to train at their employer's, LAC (if a member) or our Underground location.

WORK WITH A CERTIFIED PERSONAL TRAINER



**Renee
Hardester**

renee@fitinthecity.com



**Colleen
Henely**

colleen@fitinthecity.com



**Sonja
Walker**

sonja@fitinthecity.com

TO PURCHASE:

GO TO WWW.FITINTHECITY.COM CLICK ON
PERSONAL TRAINING AND BUY NOW

Fit
City™
InThe
402-740-3282
CALL OR TEXT

WWW.FITINTHECITY.COM