

10-Week Complete Fitness Program

Now you can finally make the positive fitness changes you desire.

? **Fitness/Goal Evaluation:**

Includes Near-Infrared Body Composition Analysis

? **2 Weekly Intensity-Appropriate Training Sessions:**

30-minute Total Body Workouts

? **Customized Interval Cardio Programs:**

Yielding More Endurance & Fat Burning

? **Weekly Dietary Guidelines & Intake Review:**

To Optimize Training Results

? **5th & 10th Week Progress Assessments:**

To Ensure Goal Attainment

Sign up today!

All Rates are per person. Plus your
Beyond Fitness Membership

(if your not a Member already!)

Only \$39 a month and a \$39 Start up fee (Reg. \$99)

Join now and Save!

Body Fat Testing Available by appt...only \$15



Total Package

ONLY

\$375--*

196 Belle Mead Road, Suite 4, East Setauket

CALL

941-3535 (BFIT)