

PRIVATE One - On - One PERSONAL TRAINING

Part of Our 6-Week Program Series

The 6 Week Fitness Challenge

with GUARANTEED RESULTS!

This training includes a 6 week Premier membership to
World Gym Fitness and SportsComplex for Non-Members

WORLD GYM

Fitness and SportsComplex

www.worldgymnorwich.com

2 Wisconsin Ave. • Norwich Business Park 06360 • (860)887-3591

info@worldgymnorwich.com

A dynamic and progressive program designed to give you a plan which will help you make the time in your life to reach your fitness expectations in a measurable period and will encourage you to break through training plateaus and continue to improve your fitness levels. Your trainer will be with you every step of the way.

World Gym Members - A special price just for you!

The "Fitness Challenge" is \$599 plus tax for a 12 session training package (meeting 2 times per week) or accelerate your program with 18 training sessions @ \$879 plus tax - (meeting 3 times per week)

"Not Yet Members" - A special offer just for you!

You don't have to join the gym. We encourage you to prove to yourselves that you can succeed at this 6 week program which will cause you to want more and regular fitness in life. Do it in chewable chunks. The only commitment is this 6 week period. \$649 for 12 sessions and \$949 for 18

See Member Service Desk to enroll or
contact a PULSE Certified Personal Trainer

Included at No Extra Cost...

BALANCE LOG (\$59 value)...

...is a weight loss program with nutrition management! Electronic based food journaling takes the guess work out of tracking your eating habits, exercise log, calorie budget and expenditure, and fitness progress.

