

Fit4Life



A 12 week fitness program for men and women who are new to exercise or have specific weight-loss goals. Fit4Life provides individual attention and training, modifications for special needs, plus interaction with others working for similar goals. This is a great program to get you started with working out or to get you over the hump!

Includes:

- Three month membership to BFR
- Individualized work-out programs that will be modified as the program progresses
- One-on-one training sessions with a certified personal trainer to instruct proper form and execution of exercises
- Group informational sessions sharing exercise techniques and motivation
- Body Mass measurements at the start and end of the program
- Personal Fitness Binder with nutritional and exercise tips
- Prizes will be awarded every other week for participation

Price: \$105.00

Group Discount: Register at least 2 people and each person saves \$10!

Current BFR Members: **\$75.00**

September 13- December 4, 2010

For more information, contact Jessica Ladd by calling 419-358-4150.

215 Snider Rd. Bluffton, OH 45817
www.bfronline.com