

Personal Training Package Challenge

Lose 5 pounds in 3 weeks!!!

Valid August only

Cost: \$160 for 311 members
\$220 for non 311 members

\$20 savings!!!



Receive two 30 minute personal training sessions/week for a total of 6 sessions in 3 weeks.

END SUMMER WITH A BANG!

Time to get those last 5 pounds off!

Haven't started yet? Get those first 5 pounds off!

Visit 311 Fitness Center for details or call:

312.692.8170



 Advocate Fitness