

WELLSTAR HEALTH PLACE

# Fitness First

PERSONAL TRAINING OFFERS



- SIX 1-hour sessions for \$199** (*\$100 savings*)!
- OR**
- SIX 30-minute sessions for \$125** (*\$85 savings*)!

*Offer available to new training clients only  
Package includes Fitness Evaluation and  
six training sessions with a certified Personal Trainer.*

## Benefits of Personal Training at WellStar Health Place!

### PERSONALIZED WORKOUT PROGRAMS

When it comes to workouts, there is no one-size fits-all approach. Our trainers design workouts to specifically accommodate the personal needs, abilities and goals of their clients.

### ONE-ON-ONE SUPERVISION

Our trainers are with you every step of the way. Each client receives one-on-one attention from their trainer to ensure the most productive workout.

Name: \_\_\_\_\_ Phone No: \_\_\_\_\_

Date of Offer: \_\_\_\_\_

Staff Member: \_\_\_\_\_

***For more information, Call 770-793-7313.***

*Present this flyer to the front desk to purchase your package. Offer not valid with any other discount.*

