

GET FIT

Let the Transformation Begin

Have you always had a problem with your weight?

Have you recently begun to gain unwanted pounds?

Having trouble shedding that post-pregnancy weight?

Struggling to lose those stubborn pounds that won't come off, no matter what?

Tired of the way you look and feel?

Then the Get Fit Program by **Explosive Sports Performance** is for you!

We can help you get the body you've always wanted

Our **ESP** trainers will work *with* you to create a program based on your body and your individual goals

ESP's GET FIT Program includes:

- Individualized program
- 2 or 3 weight lifting sessions per week
- Daily cardio fitness plan
 - Nutritional advice
 - Healthy recipes / Ideas
- Food logging with trainer monitoring
- Body fat assessment and measurements done every 3 weeks

Trainers will be onsite at all times to help motivate you and guide you through proper lifting techniques

Program cost is \$190 for 2 days a week

or

\$245 for 3 days a week

(3 day program also includes abs class Mondays 5-5:30 pm)

Contact Ashley at (717) 571-1262 or email abrixius@hotmail.com for more information

Sign up today for this incredible deal