



Starting this December, as a member at the Sackville Sports Stadium, you will receive absolutely **FREE**, the exclusive *Face2Face* program valued at \$300!

**What is *Face2Face*?** it is a proven way to help you get the most out of your membership!

**Our highly trained *Face2Face* team will give you:**

1. 5 weekly, half hour consultations with highly qualified trainers
2. Time efficient training techniques
3. Information resource pack, full of great advice and tips to looking and feeling your best
4. Healthy exercise habits that fit into your lifestyle and needs
5. Improved confidence in and out of the gym
6. Information on how to make easy food choices for lasting health and vitality

**This will help you:**

- Establish healthy exercise habits that fit into your lifestyle
- Improved confidence in and out of the gym
- **Guaranteed results in 30 day!\***

The first few weeks of any new health and fitness program can be challenging and the most rewarding. To ensure you get the most from your time with us, we promise to help you in three ways.

***Expert Advice***

Your Stadium Fitness Coach will teach you the latest techniques in health, fitness, exercise and healthy eating. You'll also receive your own set of informative resources to help you understand both how and why to keep in shape for life.

***Regular Support***

You will see your *Face2Face* fitness coach each week as they take you through our step-by-step approach to making health and fitness an enjoyable way of life. This gives every opportunity to ask any questions you may have and allows our team the time to provide you vital information that can make all the difference to your success.

***Results***

Your *Face2Face* program is based on the latest techniques so that you will get results faster than ever before. Participants get excellent result in as little as 30 days including:

- Improved Aerobic fitness
- Weight loss and body fat reduction
- Trimmer waistline and hips
- Improved muscle tone and shape
- Increased muscular strength
- Greater mobility and flexibility

Other terrific improvements in how you will feel after 30 days with *Face2Face*

- Improved stress levels 88%
- Enhanced quality of sleep 90%
- Increased energy levels 93%
- Overall confidence improved 95%

***Face2Face* Fitness...the advice you want, the support you need and the results you always dreamed of!  
Contact us at 252-4000**

\*terms and conditions apply.