

GET INTO THE BEST SHAPE OF YOUR LIFE WITH NWPT!

# Spring Into Fitness

# JUMPSTART

## PACKAGE I

1X EACH WEEK WITH  
YOUR OWN TRAINER

**COST \$300**

## PACKAGE II

2X EACH WEEK WITH  
YOUR OWN TRAINER

**COST \$600**

## PACKAGE III

3X EACH WEEK WITH  
YOUR OWN TRAINER

**COST \$900**

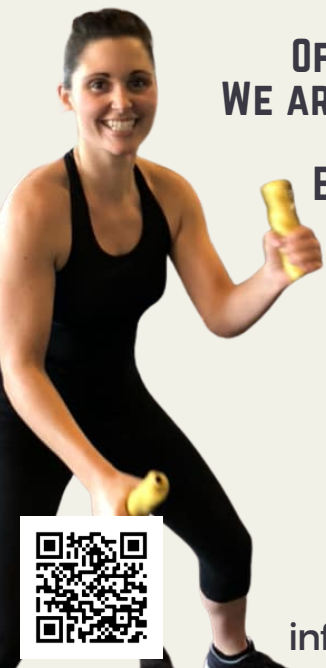
ALL PROGRAMS OFFER **6 WEEKS OF  
FOCUSED TRAINING & 1 HOUR SESSIONS!**

(1/2 HOUR INDEPENDENT CARDIO & 1/2 HOUR MUSCLE-  
CONDITIONING WITH YOUR PRIVATE TRAINER)

OFFER AVAILABLE FOR BOTH IN-PERSON AND VIRTUAL SESSIONS.  
WE ARE READY TO HELP YOU ACHIEVE YOUR HEALTH AND FITNESS GOALS.

EXERCISE IS MEDICINE AND YOU DESERVE TO FEEL YOUR BEST!

**FOR MORE INFORMATION OR  
TO SIGN UP CALL 360.574.7292!**



Downtown Vancouver - 1011 Broadway  
info@nwpersonaltraining.com - 360.574.7292



Northwest   
**PERSONAL TRAINING**  
NWPpersonaltraining.com