

SPRING MAKEOVER CHALLENGE

*Give us 6 weeks and
transform your life!*



- ✓ Weight Loss
- ✓ Increased Strength
- ✓ Toned & Built Muscles
- ✓ Reduced Stress
- ✓ Better Sleep
- ✓ Lower Blood Pressure
- ✓ Improved Confidence
- ✓ Accountability
- ✓ Community
- ✓ Nutrition/Lifestyle Support

PROGRAM LAUNCH

📅 April 10th, 2024

🕒 7 PM

📍 Northwest Personal Training

**SCAN THE QR CODE TO LEARN
MORE OR CALL 360.574.7292**



**Northwest
PERSONAL TRAINING**
NWPPersonalTraining.com



1011 BROADWAY ST.
VANCOUVER, WA,
98660

**MOST CLIENTS LOSE
12 LBS IN 6 WEEKS!**