

# WANT TO GET FIT BUT STUCK IN A RUT?

## We can help.

Even when you've tried it all—exercise classes, gyms, work-out videos, more diets than you can count—you can get fit and we'll show you how.

Call Fitness Together today at one of our locations shown below for your **FREE** fitness assessment plus 2 small group training sessions or 1 personal training session\*.

*Try it risk free and then decide if a customized fitness program is right for you.*

**Special pricing is available when you mention SSWBN.**

*First 10 people get a FREE nutritional consultation.*

\*New clients only. Must present free training card at time of visit.



## There are two great ways to benefit from personal training at Fitness Together:

### Premium — One-on-One Personal Training

Work one-on-one with our outstanding team of certified personal trainers. We'll create a fitness program tailored to your specific needs and goals—and get the results you've always wanted. This is the ideal approach if privacy, individual attention and accountability are your keys to getting and staying fit.

### PACK — Small Group Personal Training

Work out with our personal training experts in a small group of up to three like-minded people who provide mutual support and encouragement. You'll follow a customized program with close attention to proper form and individual goals. If you're on a budget and still want the benefits of a certified personal trainer, this is for you.

### A Proven Approach to Getting Fit

Choose either Premium or PACK Training, or a combination of both. All our training uses our proven, comprehensive approach to health and exercise:

- Resistance training to tone, build strength and agility
- A cardiovascular routine to burn fat, enhance endurance and well-being
- Proper nutrition guidelines to manage weight and overall health

*Whatever your personal fitness goals and budget, Fitness Together can help you to feel better, look better and perform better than you ever thought possible.*



GET FIT. TOGETHER.

[www.fitnessstogether.com/dedham](http://www.fitnessstogether.com/dedham)  
115 EASTERN AVE. (off Rte.1)  
781.461.9300

[www.fitnessstogether.com/norwell](http://www.fitnessstogether.com/norwell)  
454 WASHINGTON ST. (Rte. 53)  
781.659.0034

[www.fitnessstogether.com/westborough](http://www.fitnessstogether.com/westborough)  
57 EAST MAIN ST (Rte. 30)  
508.366.0099

[www.fitnessstogether.com/cohasset](http://www.fitnessstogether.com/cohasset)  
790 C.J. CUSHING HWY. (Rte. 3A)  
781.383.8004