

FREE PASS TO A 60-MINUTE HEALTH ASSESSMENT AT MOMENTUM FITNESS.



**FREE
HEALTH
ASSESSMENT
\$80.00
VALUE!**

MOMENTUM FITNESS an exclusive Personal Training studio
1762 W.8th (Off Burrard) • 604.732.4884 • www.mfit.ca

EVOLVE
YOUR
BODY...
JUMP
SKIP
RUN
BREATHE
DANCE
SWEAT
RELAX
SMILE
...ELEVATE
YOUR
SOUL
>think
MFIT

Momentum Fitness is offering a free health assessment to anyone interested in learning more about their current level of fitness.

Work with one of our expert personal trainers for a completely confidential 60-minute evaluation that will include tangible information on how you can reach your fitness goals. \$80 value!

MOMENTUM FITNESS is a unique fitness studio that specializes in personal and small group training. We have a wonderful diversity of clients, from tri-athletes to busy executives, to those who have never stepped foot into a gym before! We welcome everyone at every fitness level and make it our mission to help all of our clients achieve improved fitness and quality of life. We have extensive knowledge and experience, and provide a workout environment that is friendly, professional and safe.

**To book your appointment call 604.732.4884
or visit www.mfit.ca**

COMPLIMENTS OF:

EXPIRY DATE:

GET ACTIVE

evolve
THINK MFIT

