



PROFESSIONAL TOUCH FITNESS

Ranger Training Weight Management Classes

With Sgt. Nate Griffin

Every Saturday

September 8, 2007 thru December 1, 2007

0900 hrs. – 1000 hrs.

at **The Weston Fitness Center**

1835 Market Street
Philadelphia Pa 19103

“Don't make excuses
Make it happen”

PACKAGE OPTIONS Classes are limited to 20 individuals for more personal attention

Gold Package: \$200

- Beginning, Mid-cycle and Ending assessment
- 45 minutes of intense full body training
- 15 minutes of calming Tai Chi cool down

If you're serious about health and fitness and want to see quality results from fitness classes, then make plans to attend this military styled elite boot camp class

Platinum Package: \$300

- Gold Package- plus
- Menu Planning
- Nutritional counseling
- Weekly Workout program
- Workout/Nutritional journal

Taught by Philadelphia's own elite fitness instructor, **Sgt. Nate Griffin**- a former U.S. Army Sergeant, Former Army medic, and personal trainer. AAI certified in personal training, weight management consulting, nutrition, pre and post natal training and Tai Chi.

Both packages include- Ranger Training DVD, PTF t-shirt and Welcome Packet

Request full program details: **484.410.8007**
email: **info@ptfonline.net**