

Wake Up
Feeling Revitalized & Healthy



Fast Results To A Better You!

**Sal's Fitness / Personal Training & Supplements
Customized Programs**

- Weight Loss
- Injuries
- Muscle Building
- General Fitness

**68 Main St.
Flin Flon, Mb
204-687-5811**

Book by appointment.

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Feeling Revitalized & Healthy



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Sal's Fitness

Standard Membership

\$149 Down

\$65 Monthly Dues / 1yr commitment

or

\$57 Monthly Dues / 2yr commitment

Family Add-On

\$79 Down

\$65 Monthly Dues / 1yr commitment

or

\$57 Monthly Dues / 2yr commitment

55+ Membership

\$79 Down

\$57 Monthly Dues / 1yr commitment

Student Membership

\$79 Down

\$57 Monthly Dues / 1yr commitment

Personal Training &

Supplements Customized Programs

- **Weight Loss**
- **Injuries**
- **Muscle Building**
- **General Fitness**

By Appointment.

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MEMBERSHIPS INCLUDE FULL USE OF THE FACILITY, ORIENTATION, AND FREE BEGINNER PROGRAM

DOWN PAYMENT AND 1ST MONTHS DUES ARE DUE AT TIME OF REGISTRATION

PERSONAL TRAINING, NUTRITIONAL COUNSELLING, LOCKER RENTAL AND CHILDCARE ARE EXTRA