



**Thanks to my trainer, I've lost nearly 50 lbs.**

Whether it's Private 1-on-1 Personal Training  
or Small Group Personal Training,  
You'll Get Better Results –  
When you get Fit *Together*

One-On-One or Small Group Training



GET FIT. TOGETHER.

**Dedham and Westborough**

**See Reverse Side**

**SAVE 50%**  
Jump Start for \$37<sup>50</sup>  
One Private 1-on-1 Personal Training Session  
+ Fitness Assessment  
*or*  
Two Small Group Sessions  
+ Fitness Assessment  
With Coupon Only • May Not Be Combined With Any Other Offer • EXPIRES 4/17/12

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**\$100 OFF**  
Any 3-Month Program  
Good for Private 1-On-1 Personal Training or Small Group Training Programs  
With Coupon Only • May Not Be Combined With Any Other Offer • EXPIRES 4/17/12



***Thanks to my trainer, I went from a tight size 12 to a 4/6.***

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or Small Group Personal Training,  
You'll Get Better Results –  
When you get Fit *Together*

One-On-One or Small Group Training



GET FIT. TOGETHER.

**Dedham**

115 Eastern Ave.  
**781-461-9300**

**Westborough**

57 East Main St.  
**508-366-0099**

For more client success stories, visit us at  
[www.FTDedham.com](http://www.FTDedham.com) or [FTWestborough.com](http://FTWestborough.com)