



## **CARDIO SPORT™ TRAINING PROGRAM**

Based on a high interval training regiment, the Cardio Sport™ Training Program guarantees results by providing an intense total body exercise plan that will enable anyone to achieve their fitness goals. By combining highly intense cardio routines with contemporary resistance training techniques, whether your goal is to lose weight, gain muscle, increase speed and endurance, or just improve your overall health, this program is for you!

The program is based on four (4) 12-week training sessions. This 48-week program combines multiple days of high intensity and moderate exercise techniques that are custom designed to fit each individual's objective. A personal trainer will customized a program based on your specific needs and will work closely with you through each session.

- Comprehensive & Customized Training Regiment
- Interval training philosophy
- Significantly increase your overall fitness level and endurance
- Intense yet fun and inspiring

### **Program Cost - \$600.00 per session**

**(10% savings when signing up for all 48 weeks at once)**

We are so confident you will receive the results you are looking for that if the 48-week Cardio Sport™ Training Program does not meet your objectives we will refund you 100 % of the cost.

For more information regarding this program, please ask for John or Courtney at the front desk.