

## Small Group Personal Training is the Solution!

**Mondays Mornings or Wednesday Evenings**



Are you a busy momma? Have your kids, chores, husband/significant other sucked the time and energy out of your day?

It happens, but it's time to stop sacrificing your health. Calling all MOM's... 6 weeks post-partum and beyond, this is FOR YOU!! When is the last time you did something for yourself? The time is now!

Each week we will challenge you with a new workout.

**Pilates, Booty Barre, Circuits and H.I.I.T.** If you need accountability, Nancy Griffin, the top trainer and mentor in the industry is your gal!

- **Choice of Nutrition Plans to fit your needs.**
- **Quick start motivation with Power Session, goal setting and tools to succeed!**
- **On-line Coaching support included.**
- **Weekly weigh in and buddies to keep you on track.**

It's time to stop talking and start doing!!!

Let's do it! I am here to help...and

The Time is Now!



**Call 724-747-0537** questions or for more details.

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