

6 Weeks...



Get **Healthy.**
Get **Strong.** Get **Fit.**



Here's what you get with the 6 Week Package...

- **Unlimited Bootcamp Classes** for 6 weeks (Up to 5 workouts per week!)
- 1 Hour Fundamentals Training Session
- **4 Week Meal Plan** (awesome guide to Fresh eating!)
- Phat Fit Journal
- Phat Fit T-Shirt and Waterbottle
- **Personal Coaching** to help you achieve your goals

Starts Monday, April 19th
Finishes Monday, May 31st
LaSalle Park, Burlington
Cost \$550.00



Contact us at...

Phat Chicks.ca

