

# PERSONAL TRAINING SPECIAL

November  
14th-30th

**Give yourself or  
someone you love  
the gift of health!**

*Let one of our amazing  
Certified Personal Trainers  
help you reach your goals  
& take your fitness  
routine to another level!*

**Buy 5 Sessions  
Get the 6th  
FREE!**

- \* Purchases must be made 11/14/22—11/30/22
- \* Sessions do not expire
- \* Limit 3 packages per person



[trailsrecreationcenter.org](http://trailsrecreationcenter.org)

