



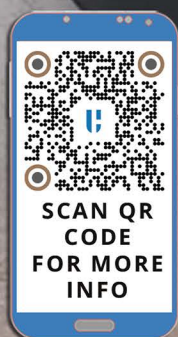
NOW OFFERING YOGA!

SOME OF THE BENEFITS OF YOGA

- Improve flexibility, balance and core stability
- Improve coordination and concentration
- Reduce stress
- Lower blood pressure and heart rate
- Improve your sleep and improve your life!

OUR SPACE IS YOUR SPACE - JOIN US!

- Inviting facility, awaiting your visit
- Small classes - 12 or fewer participants
- Excellent for beginners and Yogis
- Our yoga instructors are certified



Email: yoga@youtrainfitness.com
Website: www.youtrainfitness.com
LIKE US ON SOCIAL MEDIA @YOUTRAINFITNESS



OUR SERVICES

1 HOUR YOGA - DROP-IN RATE

- \$20.00 - 1 Class ▪ \$3.00 - Mat or Towel Rental

PREPAID PACKAGES

- \$85.00 - 5 Classes Pack - \$17.00 - per class
- \$145.00 - 10 Classes Pack - \$14.50 per class

PRIVATE PERSONAL TRAINING LESSONS

FREE CONSULTATION

- 1 Hour - starts at *\$75 per lesson
- 45 Minutes - \$65 - \$75 per lesson
- 30 Minutes - \$45 - \$55 per lesson



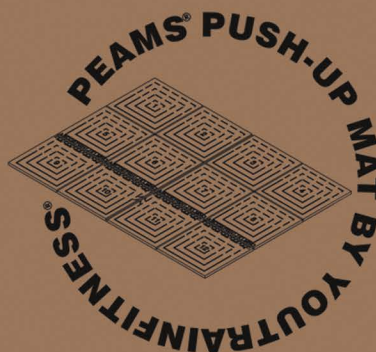
45 MINUTES - SEMI-PRIVATE TRAINING

- Partner (2 people) \$45 - \$60 per person, per lesson
- Trio (3 people) \$33 - \$45 per person, per lesson

24-HOUR NOTICE REQUIRED TO RESCHEDULE LESSONS

OUR FLAGSHIP PRODUCT | ON SALE NOW!

- Patented to increase push-ups!



*\$75 price for new clients 1st training package