



Fit Behavior

Personal Fitness

NEW

30 Fit

PERSONAL TRAINING



**30 minutes - 3 days a week
to get in the
best shape of your life!**

Only \$15 a session!



Includes:

- Group personal training
- Weights / cardio vascular and abs!
- Free weight loss plans
- Free nutrition and lifestyle class
- ALL FOR ONLY \$15 A Session



ONE WEEK TRIAL- FREE

2139 Silas Deane Hwy Rocky Hill

Call (860)-529-9867 or email news@fitbehavior.com

To book your complimentary 30 Fit workout