

SOUND MIND & BODY



3 Counseling Sessions

Save 30%

16 Personal Training Sessions

**Reg.
\$1415**

\$1000

Work with registered Professionals to get the most out of fitness. Sound Mind & Body is a 2 month program that combines a Nationally Accredited Trainer and Licensed Professional Counselor to maximize your potential.

- **No Memberships**
- **No Hidden Fees**
- **No Long-term Commitments**

Contact Information

ENCOMPASS FITNESS

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**Pure Grace
Counseling**
MEETING YOU WHERE
YOU'RE AT,
LITERALLY!

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