



Get Fit. With **MoFit**.



PERSONAL TRAINING

Why?

- MOTIVATION
- CUSTOMIZED PLANS
- PROGRESS CHECK-INS
- NUTRITIONAL ADVICE
- ONE-ON-ONE OR SMALL-GROUP

WWW.MOFIT.FIT

NEW CLIENT SPECIAL

\$75

- ✓ CONSULTATION/ASSESSMENT
- ✓ TWO 30-MINUTE PERSONAL TRAINING SESSIONS



MIDDLEBURG HTS
REC CENTER.

No membership required.



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