

## **Check Out Our Fitness Rehab Package!**

Our Fitness Rehab package is designed to assist you jumpstart your fitness or weight loss goals

OR strengthen and restore your body from injury. Consistency is key to attain your Fitness or

Rehab goals and we're going to help you get there.



## This Exclusive Package Includes The Following:

- 4 60 minute Specialized Fitness Sessions2 60 Minute Rehabilitative Massages
- 3 Independent Cardio Sessions at our Fitness Studio
  - 1- 20 Minute Manual Stretching Session with Alice
  - 1-30 Minute Nutrition Coaching Session with Tricia

Pay only \$446! That's a savings of \$150!

## THE CHALLENGE!

We challenge YOU to complete the package in <u>2 weeks</u>. We recommend 2 Fitness sessions and 1 Massage per week. Complete the challenge in 2 weeks and receive a \$50 credit towards any of our services!

That's a total savings of \$200!

2333 Welsh Road, Lansdale PA (215) 490-2900 Inbalancewellnessspa.com If you have any questions regarding our precautionary measures for COVID-19 please ask us.