

Fit Club

With Chris Helwig of Coach Chris.ca

Group Supervised Personal Training
Personalized Program
Nutritional Guidelines and
Food Log Analysis

3X Per week sessions

Only a 1 Month Commitment

\$99 Per Month +GST

136 Maxwell Crescent in Northridge

Call or Email Chris for further details or

to book chris@coachchris.ca or 519-691-0663