



**Excelsior**  
**Orthopaedics**  
Sports Performance



SCAN TO  
VIEW SCHEDULE

# ***FIT4LIFE ADULT FITNESS PROGRAM***

» ***AT FLASH FIELDS & TRANSIT RD*** «



## **PACKAGES:**

### **Kickstart**

Body Composition Analysis  
Nutrition Consult  
8 Private 1-on-1  
Training Sessions per month

### **Revitalize Your Life**

Body Composition Analysis  
Nutrition Consult  
8 Group Training Sessions  
per month

### **Nutrition Only**

Body Composition Analysis  
Nutrition Consult

***Enhance your life with fitness focused & nutrition guidance***

THE FIT4LIFE PROGRAM IS DESIGNED TO KEEP YOU HEALTHY, STRONG, AND IMPROVE YOUR OVERALL WELL-BEING AND PERFORMANCE. WITH GUIDANCE FROM EXPERT ATHLETIC TRAINERS, STRENGTH COACHES, AND REGISTERED DIETITIANS, FIT4LIFE FOCUSES ON OPTIMIZING MOVEMENT, FLEXIBILITY, MOBILITY, STRENGTH, ENDURANCE, AND HEALTH.

**visit our website for the current program schedule.**