



R FIT

SPECIAL OFFER

for employees of the MUHC



Enjoy the many benefits R Fit has to offer:

- Conveniently located directly across from the Glen
- Work one-on-one with highly qualified trainers
- State of the art equipment
- No waiting in line for machines and sharing the humid, dank air with dozens of sweaty people. R Fit is your very own private, personal training facility.
- **Free Parking!**
- **Call to schedule an appointment**

15%

DISCOUNT

on all private and group sessions

\$60 for **ONE** 1-hr Session

\$276 for **FIVE** 1-hr Sessions

\$510 for **TEN** 1-hr Sessions

\$701 for **FIFTEEN** 1-hr Sessions

Contact R Fit
for semi-private sessions

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514.792.9326

www.rfittraining.com