

CUSTOMIZED 30 DAY HOME WORKOUT

| WEEK BY WEEK PROGRAMMING |

Developed by an experienced and certified professional

| PERSONALIZED EXERCISE SELECTION |

Your goals and your equipment

| CONSTANT SUPPORT |

Trainer is accessible throughout the program

| 30-MINUTE VIRTUAL SESSION |

Encrypted video session using Zoom

Contact your Site Manager to begin your customized home program today!

www.synergyfitnessgroup.com

NO ONE SIZE FITS ALL PROGRAMMING | NO COPY AND PASTE EXERCISES | NO ROBOTRAINERS

\$99

