

Body Movement Therapeutics

Give the
PERFECT
gift this Holiday
Season!!
Health & Relaxation

30min-\$50, 45min-\$65 and 1hr-\$80



Gift Certificates can be purchased at the clinic:
15 Willow St. S Acton

NEW!! Personal Training,
Boot Camp,
Nutrition
Gift Certificates

For more information visit online at www.bmtherapeutics.com or call (519)853-1200

TRUE MENTALITY INC.
PRESENTS THE..
2nd annual
**12 DAYS BEFORE
CHRISTMAS**
**HEALTHY RECIPES &
WORKOUTS**

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**STAY TUNED
& WIN
AMAZING
PRIZES!!!**



Milton's

TRUE MENTALITY INC.

FUNCTIONAL TRAINING AND BOOT CAMP FACILITY

KICKSTART your NEW YEAR WITH A NEW YOU!

**WANT RESULTS THAT WILL LAST??
LEARN THE TOOLS NECESSARY TO ACHIEVING TRUE SUCCESS**

JOIN THE TRUE TEAM!! NEW SERIES STARTS JAN 7TH 2014!

REGISTRATION INFORMATION

DECEMBER 12TH 2013, 7:45-9PM
405 INDUSTRIAL DR MILTON, UNIT #1

8 WEEK SERIES SCHEDULE

STARTS WEEK OF JANUARY 7 TH 2013	TIME	LEVEL	COST (8WEEKS)
TUESDAY	6:30-7:30PM	LEVEL 2	\$150
TUESDAY	7:30-8:30PM	LEVEL 1	\$150
THURSDAY	6:30-7:30PM	LEVEL 1&2	\$150
"DOUBLE UP" DISCOUNT			DOUBLE UP & SAVE!
TUESDAY	6:30-7:30PM	LEVEL 2	\$290
THURSDAY	6:30-7:30PM	LEVEL 1&2	\$290
TUESDAY	7:30-8:30PM	LEVEL 1	\$290
THURSDAY	6:30-7:30PM	LEVEL 1&2	\$290

BOOT CAMP LEVELS

LEVEL 1 (BEGINNER)— A group class designed to teach important fundamental movements used not only in exercise, but everyday life. Atmosphere is comfortable for those limited in fitness experience, suffering with injuries, or lack of confidence. Level 1 challenges you to focus primarily on proper form to prevent injury, as well as the mind muscle connection essential for optimal training.

LEVEL 2 (INTERMEDIATE)— A group class designed for those ahead in progress, knowledge and most importantly exercise form.

****NOTE COST + 13% HST**

FOR MORE INFORMATION EMAIL INFO@TRUEMENTALITY.CA OR VISIT ONLINE

WWW.TRUEMENTALITY.CA

BUILD... STRENGTH • ENDURANCE • CONFIDENCE