

CURTIS



HEALTH

May 4 -
15

SPRING TUNE UP

Achieve your fitness and wellness goals with customized Personal Training designed to fit your lifestyle. Our expert guidance will help you set realistic goals, and create a plan for achieving them, while building habits for lasting results.



**15% OFF 1-on-1 Personal Training
Packages of 4 or 8 sessions**

Valid for new clients or anyone who hasn't trained
with us in the last 12 months

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