



305-C Pisgah Church Road, Greensboro, NC 27455
In The Village at North Elm
(336) 545-3065
www.fitnessstogether.com/greensboro

6 Week Accelerated Weight Loss/Fitness Package

In March we are launching our Nutrition Together accelerated weight loss/fitness package.

This program is a 6-week exercise and nutrition intensive package.

For 6 Weeks – One on one with a Trainer, each week includes:

- 3 Resistance Sessions
- 1 Cardio Session
- 1 Nutrition Session

Learn how to eat healthy, eat light, and eat often while combining these proper nutrition habits with exercise.

Fitness Together trainers don't just teach you how to exercise, they show you how to "take charge" of all components of health for a more holistic approach to fitness.



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