

# NEW YEAR'S FITNESS SPECIAL

## Personal, Semi-Private and Small Group Training with Deirdra Rogers

Is this the year you finally take back your health and fitness?  
I can help you...and take 20% off your first purchase to try it out!

*NEW FOR 2019: 30-min strength sessions (good for everyone, but especially suited for older adults in jeopardy of losing all important muscle mass)*

After an initial complimentary consultation, I can put together programming that meets your needs to...

- ...lose weight by learning to eat for your hormonal response
- ...increase strength safely and effectively
- ...improve your aerobic capacity at your own pace...and feel great!



**30-MIN STRENGTH SESSION WAS \$45, NOW \$36**

**60-MIN STRENGTH/CONDITIONING WAS \$85, NOW \$68.**

**60-MIN COUPLES SESSION WAS \$100, NOW \$80**

**60-MIN SMALL GROUP SESSION WAS \$30, NOW \$24  
(NEW SERIES BEGINS JAN. 7)**



**CALL NOW** to schedule a no-obligation, initial complimentary consultation so we can discuss your needs.

**fitness  
defined**

Contact Deirdra Rogers  
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