

# **Are You AssiaFIT?**

*Coming this Fall*

**Personal Training - Creative, innovative and fun fitness instruction for individuals.**

**Private Group Training - Private, intimate and intensive group training sessions made to order.**

**FITness Parties - custom tailored fun with fitness at any gathering you are planning.**

**FITness for Kids - Custom made for kids from ages 5 to 12 making fitness fun for the whole group.**

*AssiaFIT will make you sweat, smile, laugh, burn calories while building a special bond at the same time.*

***That's what you get ... When you get AssiaFIT . . .***