

Health Assessment & Restart

at GET FIT EGV

A 90 minute session that begins with a 30 minute consultation so we get the most out of our time together. We will take several metrics (photos, tape, body composition, physical assessment) so that we can track change and then Coach Ro will administer a personalized training session based on what is discovered during the consultation to make sure she has it right. Subsequent sessions offered with significant savings as a 10 pack or reduced price single sessions. All bookings require online prepayment. Expires after 1 month.

Terms and Conditions

For more info and to purchase:

<https://getfitegv.pushpress.com/open/subscribe/r8mp> Once purchased, Coach Ro will contact you to schedule your appointment.

Exp: August 1, 2021