

The logo features the words "ENERGY FITNESS" in a bold, black, sans-serif font. The word "by" is in a smaller, lowercase, black font, and "josh" is in a lowercase, black, sans-serif font. The text is overlaid on a green graphic consisting of several curved, overlapping lines that suggest motion or energy.

# ENERGY FITNESS by josh

**PRESENTS...**

## **2009 GREENWOOD PRODUCTIONS PERSONAL TRAINING SPECIALS**

FITNESS ASSESSMENT (REQUIRED): \$50

MEAL PLAN (INCLUDES FITNESS ASSESSMENT): \$150 (REG. \$200)

SINGLE PERSONAL TRAINING SESSION: \$65 (REG. \$70)

5 PERSONAL TRAINING SESSIONS (INCLUDES ASSESSMENT): \$300  
(REG. \$325)

10 PERSONAL TRAINING SESSIONS (INCLUDES ASSESSMENT): \$550  
(REG. \$600)

15 PERSONAL TRAINING SESSIONS (INCLUDES ASSESSMENT): \$725  
(REG. \$800)

20 PERSONAL TRAINING SESSIONS (INCLUDES ASSESSMENT): \$1000  
(REG. \$1100)

**COMMIT 2 BE FIT!!!**

[www.energyfitnessbyjosh.com](http://www.energyfitnessbyjosh.com)

615.336.5403