

SOLDIERFIT

HoweLFTFitness.com



SOLDIERFIT FCPS DISCOUNTED RATES

All Programs include:

Inbody Assessment
Nutrition Help
1hr MPE with Trainer

Standard: \$79

Unlimited Bootcamps
Unlimited Gym Access
Trainer Led workouts in the Gym

MMA: \$129
Unlimited Martial Art classes

MMA Kid: \$69
Unlimited Martial Arts classes

Gym: \$49
Unlimited Gym access

Kid Kadets: \$39
Unlimited Bootcamps
Athletic Training, speed, & agility
Basic Coordination & conditioning
Classes mentored in a non-competitive environment



**ZERO
TO JOIN!!**

Contact Lauren by e-mail: lparrinello@soldierfit.com or call (240) 457-4630
8420 Gas House Pike, Suite Z, Frederick, MD 21701

*All Enrollment fees are waived for FCPS. *Rest of the month free after joining