



10% OFF ANY OF OUR SERVICES EXCLUSIVE MEMBERSHIP SAVINGS FOR ST. JOSEPH'S HEALTHCARE HAMILTON EMPLOYEES

Our popular training programs have been proven effective for over 2 decades. Our 30-minute workout will have your metabolism scorching for up to 36 hours! At Lean & Fit Elite you'll get the benefits of working out in a community of people that support each other like family. Our team is dedicated to your health and fitness need and you will have constant guidance from our instructors that will help you every step of the way.

- ✓ Short, intense, and effective workouts to fit your schedule
- ✓ Small trainer led fitness classes designed for all fitness levels
- ✓ Change rooms with showers
- ✓ 1 on 1 Personal Training is also available

**We feel confident in our services &
would love you to try us for a
FREE trial.
Call us today to get started!**



FOR MORE INFORMATION AND CLASS SCHEDULES CHECK US OUT AT LEANANDFIT.CA

821 Golf Links Rd, Ancaster, ON L9K 1L5

Phone: 905 385 LEAN (5326)

Email: support@leanandfit.ca

OFFER VALID UNTIL APRIL 2023