

FREE TRY-OUT SESSION!

Upon presentation of this coupon,
get a free 60-minute training session,
during which the following items will be covered:

- *Analysis of your needs;*
- *Initiation to training under the supervision of a personal trainer;*
- *Introduction of a training solution adapted to your goals and needs.*

Take the first step towards an active and healthy lifestyle.

Make an appointment today!

Find the nearest Énergie Cardio centre: www.energiecardio.com

No obligation to become a member at the end of the session.
By appointment only. Details at the centre. 18 years and over.
Offer valid for non-members only. Limit of one free session per person.

Énergie Cardio

