



## Get Fit for Summer!

Do you think you can't afford personal training?  
We have now added small group personal training.  
Get all the benefits of a personal trainer at a  
fraction of the cost.

\$ 420 (GST included) - 2 sessions/wk for 8 weeks

Register today as only 5 participants will be  
accepted! Click [here](#), email the studio at  
[info@capitalmissfits.com](mailto:info@capitalmissfits.com) or call 613-656-2155 to  
register.