





**Personal Training  
in Your Home!**

**\$495.00**

INCLUDES:

**10 SESSIONS  
OF 1 ON 1  
IN-HOME TRAINING**

FITNESS EVALUATION  
DETAILED PROGRAM  
NUTRITION INFO PACKAGE

COUPON VALID THRU 7/31/17

Make A Step To Enhancing Your Physical Well-being



**NFPT**  
National Federation of  
Professional Trainers

**John Rutnik**  
Personal Trainer

**www.afitteryou.net**

**744-1294**

**Summer is coming....Get ready now!**



F I T N E S S

Advertise with Consumer Pak (518) 399-9545

Consumer Pak Of Upstate New York

**PLEASE PROOF THIS AD CAREFULLY!**  
**YOU ARE RESPONSIBLE FOR ALL ERRORS.**

Including: Offers, Dates, Addresses, Phone Numbers

I have seen a proof of this advertisement and have made all necessary corrections and changes.

Advertiser's Initials \_\_\_\_\_ Date \_\_\_\_\_