



203 W. 15th Avenue
Suites 101 & 103
Anchorage, AK 99501
907-229-7652

Small Group Personal Training (SGPT)

Monday and Friday 6:00 AM – 7:00 AM

Tuesday and Thursday 7:15 AM – 8:15 AM

Tuesday and Friday 3:30 PM – 4:30 PM

Tuesday and Thursday 5:30 PM – 6:30 PM

FREE Boot Camp on Saturday's at 11:00 AM to make up for missed classes or just to add another day of fitness.

bfit & well is geared for the mature woman where we transform your body through exercise and food coaching.

bfit & well is in the neighborhood: corner of 15th & C street. You can either stop by before or after work!

bfit & well is not your big box club. It's personal, intimate, and private.

When you join a small group, you save big bucks but the benefits are equal to working with a trainer in a one to one atmosphere.

YOUR commitment is: 8 months—64 sessions.

YOUR investment is only \$280.00 a month which is by contract so all you have to think about is getting fit and staying healthy.

bfit & well subscribes to the functional training method so that you'll be able to take what you learn and apply it in the real world. You'll work on your strength, flexibility, balance, stabilization, core, and a whole lot more. Your entire body will be worked each session.

Call today to reserve your spot. The class size is limited so that each one receives personal, specialized attention.

Whatever your malady might be it will be taken into consideration and remember, every exercise can be modified.

I will challenge you, but not hurt you. You will start where you are, at whatever fitness level you might be, and go from there.

You will not be competing with anybody but yourself.

If you were to work with me for an hour in a one-to-one scenario two times a week it would cost you \$720 a month. For a fraction of that, \$280 a month, you can work with a trainer in a small group setting and reap the same benefits.

Call today to schedule your free fitness assessment and to find out what would be best for you.

Or if you are ready to jump into a class right now, call to get your name on the list. Let me know which time frame works best for you.

Visit my website to find out a little bit more about bfit & well.

Call: 907.229.7652 Email: bonnie@bfitandwell.com Website: www.bfitandwell.com

Dedicated to your health,

Bonnie Murphy, transformer
907-229-7652
bonnie@bfitandwell.com
www.bfitandwell.com