

FIT FOR FALL

6 Week Challenge

October 2 to November 11

This challenge is the *perfect fit* to kick off the fall season!

What you get:

- 2 Consultations and assessment with a certified trainer (30 minutes)
- Weekly group training sessions
- Weekly Bao+FIT training passes
- 2 Programmed workouts to do on your own
- Nutritious meal plan with recipes
- 6 month membership

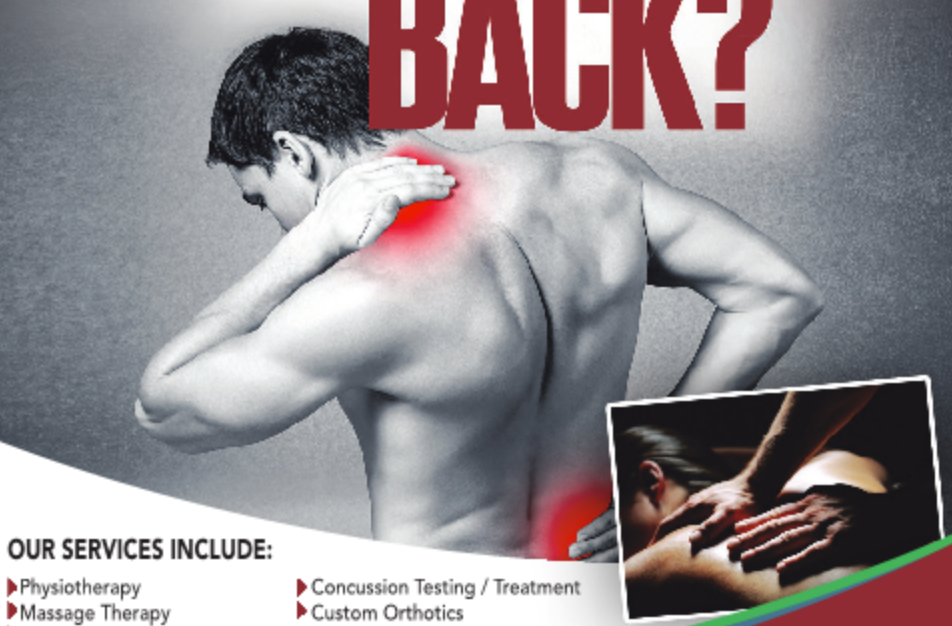
\$189 Members
\$199 Non-Members




bao INSTITUTE FOR HEALTHY LIVING

Locally owned and operated since 2005
 905.877.0771
 232a Guelph St., Georgetown
www.baoinstitute.com

Does your PAIN hold you BACK?




OUR SERVICES INCLUDE:

- ▶ Physiotherapy
- ▶ Massage Therapy
- ▶ Acupuncture
- ▶ Cupping
- ▶ Concussion Testing / Treatment
- ▶ Custom Orthotics
- ▶ Custom Bracing

Direct billing available.

GENERATIONS PHYSIOTHERAPY CENTRE
 905.702.0888 Located in Georgetown South
Your Local Rehab Centre



Pita Pit

FRESH THINKING
HEALTHY EATING

It's fun food, not junk food.

At Pita Pit, all our meats are lightly grilled (never fried) and our zillions of toppings are as fresh as can be. Vegan or vegetarian? We have great pitas for you, too. Try us!

ASK US ABOUT OUR AWESOME SCHOOL LUNCH PROGRAM!

Facebook.com/pitapitcanada



Pita Pit

391 Queen St. Acton - 519-853-5555
 235 Guelph St. Georgetown - 905-873-8555

\$4.99 Any Pita

Valid on any 9-inch pita or 6-inch Petita™ (sizes are approximate) with coupon



One coupon per person, per visit

Not valid in combination with any other offer. Valid in store only until October 15th, 2017 at:
 391 Queen St. Acton - 519-853-5555
 235 Guelph St. Georgetown - 905-873-8555