



# BELLS + BALLS

» **RPG TRAINING SYSTEMS**

## BELLS AND BALLS



### Overview

Bells and Balls is a 8-week total body strength program. Training Sessions will focus on maximizing strength with barbell and dumbbell based training, and explosiveness and coordination with kettlebells and medicine ball exercises.

### Timing

Guided sessions will run 2 days per week and 1 additional self-guided training day for maximum results.

Monday and Wednesday from 7:15-8:15 pm

### Pricing

Bells and Balls provides clients with:

- 2 x Week Guided training sessions
- 1 x Week Custom Strength Program
- Weekly Meal Plan
- Discounted Personal Training Rates
- Unlimited email access

**Only \$26/session\***

\*Non-Members Price \$35/session

**By Appointment Only**

**☎ 416-898-1275**

