



(514) 570-7020

www.body-sculpting-exercises.com

Body Physix offers clients the following services:

- **Body-Fat Measurement**, including digital (before and after) pictures.
- **Personalized and Precise Training Programs**, encompassing all areas of fitness (muscular, neural-muscular, and cardiovascular), designed to fit the clients' needs, allowing them to receive a higher degree of progress (no one program being exactly alike).
- **Private and Semi-Private Training Sessions**, in order to guarantee proper technique, while training.
- **Nutrition and Dietary Plans**, making the client aware of proper nutrition through a balanced diet and appropriate supplementation.
- **Inferred Relaxation Session**: helps reduce inflammation, improve circulation and accelerate muscular recuperation, simultaneously diminishing stress.
- Also available, are naturopath services, as well as receipts for insurance reimbursement.

Service	Price
Muscular Evaluation (on GTS machine)	\$35
Nutrition and Dietary Plan	\$75
Personalized Training Program	\$75
Private Training Session	\$35
Semi-Private Training Session (2 people)	\$25 each.
Private Yoga Session	\$35
Pilâtes Session (on GTS machine)	\$40
Flexibility Session (PNF) (on GTS machine)	\$40
Inferred Relaxation Session (30 minutes)	\$40