



Rocky Gorge Wellness, Home of Medifit, Inc.

A GIFT OF HEALTH & WELLNESS FOR YOU



Recipient Name

**IS ENTITLED TO A CUSTOMIZED SESSION
WITH ABBY DIXSON, CES, MES**

A Gift From:

Services Include:

- Complete Fitness Assessment Session (Fitness, Cardio, Strength, and Flexibility evaluation)
- Personal Training Exercise Session
- Weight Loss Counseling / Nutritional Counseling Session
- Post-rehab Conditioning Session
- Cancer Recovery or Medical Rehab Session
- Fitness Class

**___ 1 SESSION | ___ 2 SESSIONS | ___ 3 SESSIONS
___ 1 CLASS | ___ 2 CLASSES | ___ 3 CLASSES**

CONTACT

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301.509.1821

TO SCHEDULE YOUR APPOINTMENT TODAY!

