

The Coaching Gym

A Virtual Experience that is

Warm and Inviting . . .

The Coaching Gym!

Become the healthiest you've ever been. Is NOW the time to get in the best shape of your life?

Look AMAZING for 2010!

What is YOUR goal?

- Kick it up a notch for an event?
- Lose weight FINALLY?
- Gain control over a health condition you are afraid of?
- Stay on track with a professional?

The Coaching Gym can help you with this and more.

Studies show that phone services are as effective as in-person services for weight loss! What's great about the Coaching Gym is you can lose weight without spending a fortune!

Imagine being able to meet with your own personal trainer and nutritionist each week short phone coaching conversations.

- Call every Monday for 15 minute laser sessions, at a scheduled time between 10am EST and 12pm EST
- Help preparing for a sports event
- Support to lose weight or follow a diet or exercise plan
- Set up goals and be accountable to someone
- Learn how to apply all the health information you're exposed to to your own life and situation
- Take advantage of a qualified and educated registered dietitian and personal trainer

Could you use support to accomplish your health goals? This could be the answer to keeping you on track!

Great new feature is videoconferencing on Skype!

Do you have a question about how exactly to perform an exercise? It's like having your own personal trainer in your living room. For more information on how this works, email support@megfit.com .

Join the gym!

Memberships are limited, but benefits are unlimited! AND it's affordable: \$25/month or \$60/3 months.

Email support@megfit.com to check available open times during the gym.

If you are interested in signing up or would like for notification of an opening, email support@megfit.com .

Interested in an Evaluation of your current exercise routine? You've come to the right place!

To sign up for an Evaluation session, [click here](#) .

For more information, email or call 928-776-7317.