

260 Greenly Road
Warkworth, Ontario, K0K 3K0
Phone (705)304-1693
info@thegreenheronpersonaltraining.com
www.thegreenheronpersonaltraining.com



Spring 2016

Somebody would like to treat you with some personalized training sessions at The Green Heron. I personally invite you to visit my studio/mini-gym to check out the equipment and meet me. It will be a perfect time to discuss what you would like to achieve and if you would like to work with me. Regular exercise that contains some strength training will do wonders for your quality of life.

Looking forward to meet you!

Lyne Painchaud

Special Invitation

Offered by: _____
(name)

Address: _____

Phone number: _____

Email: _____