

# SUMMER RESET

LIMITED SPOTS. BOOK NOW.

## 8 PERSONAL TRAINING SESSIONS FOR \$632 + CUSTOM NUTRITION PLAN\*

### FEEL STRONG & ENERGIZED AGAIN!

Are you struggling with low energy, stubborn weight gain, or feeling “off”? Do you find that the techniques you used earlier in life to manage your weight and improve your health no longer work as expected? You’re not alone! Strategies like “just workout more” or strict dieting may now be more harmful than helpful. I’m a personal trainer in Lambertville, NJ who specializes in working with busy professional women navigating perimenopause. Train 1:1 in a private, welcoming studio – no crowds, no distractions.



with Tracey Mahaney  
[www.moxiecoaching.net](http://www.moxiecoaching.net)



*\*New clients only. Limit one promo package per client. Promo ends 8.31.25. All 8 sessions must be used within 30 days.*