

# Fitter & Stronger in 90 Days at In Balance Fitness



In Balance Fitness, 4th floor Novotel Bangkok on Siam Square invites you to join our new 3 month body weight training program which will create a stronger, fitter and healthier you! Work out with your own personal trainer in this exercise program designed to increase strength and endurance. Our program includes a physical fitness test before and after to measure improvement, goal setup and guideline from our fitness team. Package options are 9,900 baht for 24 sessions with personal trainer and 15,900 baht for unlimited sessions with personal trainer. We are also offering a free 1 time trial for this package. Offer available until March 31st, 2018

For more information, please call 02-209-8888 extension In Balance Fitness or visit the website <http://www.novotelbkk.com/well-being/in-balance-fitness-centre-and-splash-poolside/>