

Need a little motivation to get summer-body ready?  
Sign up anytime for our #SummerSweatChallenge!

**SUMMER  
SWEAT  
CHALLENGE  
\$45**

**JUNE 21 -AUG 22**

SWEAT  
mile  
AND  
repeat.

Join Liberty Movement & Wellness  
for 6 weeks of healthy eats and fitness  
**# SUMMER SWEAT CHALLENGE**

**What's included?**

- 6 weeks unlimited practice at studio
- Juice fast & healthy meal recipes
- Exercise sheets to keep you on track if your away
- Daily Pilates, Yoga and Barre classes.
- Daily motivation through social media

JOIN TODAY  
Starts June 21st



libertymovement.ca