



**S.P.A.R.T.A.**  
Sports Performance And Resistance Training Association

info@spartatraining.com • www.spartatraining.com  
PO Box 1384 Leesburg, VA 20177  
(703) 946-0597

**S.P.A.R.T.A. Gift Certificate**

Print out our gift certificate post card and give the gift of **S.P.A.R.T.A. Training** to your family, friends, and business associates!

  
**S.P.A.R.T.A.**  
Sports Performance and Resistance Training Association  
**S.P.A.R.T.A. Personal Fitness  
Gift Card**

This certificate entitles: \_\_\_\_\_

to: 1 **FREE** Consultation and 1 **FREE** workout

Given by: \_\_\_\_\_

Expires: \_\_\_\_\_

Authorized by: Chris Lutz, Head Trainer  
chrislutz@spartatraining.com  
703-946-0597

**Locations to train in:**  
Leesburg, Ashburn, Chantilly, Reston and Tysons Corner

Not redeemable for cash. Redemption value not to exceed \$250.

**Ready to find out what your fitness level really is?**

Take our FREE Online Fitness Assessment for an instant analysis!

Visit: [www.spartatraining.com/fitness-assessment.php](http://www.spartatraining.com/fitness-assessment.php)