

“BEST OF BOSTON”

gstarfit eternalyouth



THE **FITNESS CONCIERGE** WELCOMES GREGG D'ANDREA

Welcome the **FITNESS CONCIERGE** and two-time Best of Boston winner and celebrity trainer Gregg D'Andrea—aka Gstar—to the property for all your fitness and personal training needs.

Get ready to WOW your body with his proven Gstarfit program. Whether in the privacy of your luxury condo, in the gym, or at his state-of-art training and spinning studio in Needham, MA, Gstar will transform your body and mind.

Lose weight, gain muscle, and get happy. Gstarfit is about nutrition—from in-home cooking demonstrations, to cupboard clean up, and total body cleansing. Gstar is about a lifestyle. Don't wait a minute longer. Let Gstar show you the way to a better to a healthy longevity.



617.593.5710
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FB: Gstar-Rockn-Fit
www.gstarfit.com



The
IMPROPER BOSTONIAN
BOSTON'S BEST

PERSONAL TRAINING

gstar

1 session \$300.00

10 sessions \$2500.00

BENEFITS

Hat, water bottle, and t-shirt

10 complimentary Spinning Classes at gstarfit

Complimentary Metabolic Test and Meal Plan

g-shop

Nutrition-savvy shopping. Private guided shopping tour of your favorite market.

g-home

In-home meal planning, preparation and cooking demonstrations

gstarfit trainer

1 session \$150.00

5 sessions \$675.00

10 sessions \$1250.00

(partner training available)

yoga

private \$150.00

5 sessions \$675.00

10 sessions \$1250.00

pilates mat

private \$150.00

duet \$130.00

semi pvt. \$165.00 (min. 3 participants)

yoga and pilates sessions may be provided in the gym, home or Boston Common

specialized fitness and services

golf-fitness workouts, marathon and triathlon training, ZUMBA parties, boxing, martial arts, sports-specific chiropractic services are all available to you through gstarfit without leaving your home, office, or gym.