



FIT FOR LIFE

if you want...

- Less fat, more lean muscle
- Lower blood pressure & resting heart rate
- More energy for any activity
- Results that **last**
- Significant reduction in risk factors for heart disease
- To look & feel better

then here's how...

- Workout programs that are simple, time-efficient, practical, and **effective**
- Tips & strategies for designing a workout program that will become **part of your life**
- **Motivation** to stick with it until it becomes a permanent part of your life
- Nutritional information to help you make small, manageable changes that have a **big impact**
- Information about how **your body reacts** to different types of exercise & different types of food
- Track your progress with regular **body composition analysis**

**give us six weeks, and we'll change your life.
period.**

- Hour-long workouts, three times per week for six weeks, with our personal trainer(s)
- Nutritional & workout information, tips, and strategies
- Body composition analysis tracking—before, during, and at the end of camp
- Towel & water bottle included

**2 Groups!! Mondays, Wednesdays, and Fridays, 10AM-11AM & 6PM-7PM
September 13th through October 22nd**

Member Rate: \$360 (*just \$20 per session*)
Program Pass Rate: \$432 (*just \$24 per session*)