

# Shape Up For Spring

IN ONLY 10 MINUTES A DAY



- **REDUCE STRESS**
- **LOSE WEIGHT**
- **BUILD BONE DENSITY**
- **INCREASE & TONE MUSCLES**
- **RELIEVE LOWER BACK PAIN**
- **INCREASE BLOOD FLOW**
- **INCREASE METABOLISM**
- **FIGHT OSTEOPOROSIS**
- **& MUCH, MUCH MORE...**

## PACKAGES

### “PICK A PART”

CUSTOMIZE THE BODY PART OR AREA OF YOUR CHOICE  
(UPPER BODY, LOWER BODY, CORE, BONE DENSITY, ARMS...)

**-4 WEEK, 12 SESSION PROGRAM—\$175**

### “WHOLE BODY”

LOSE WEIGHT, TONE, TIGHTEN & FEEL BETTER

**BEGINNER - 6 (10 MINUTE) SESSIONS - \$100**

(3 TIMES A WEEK FOR 2 WEEKS)

**INTERMEDIATE - 12 (10 MINUTE) SESSIONS - \$175**

(3 TIMES A WEEK FOR 4 WEEKS)

**ADVANCED - 12 (15 MINUTE) SESSIONS - \$175**

(3 TIMES A WEEK FOR 4 WEEKS)

**WELLNESS PACKAGE - \$250**

**LAB WORK, CHOLESTEROL CHECK, BODY FAT TEST,  
PERSONALIZED HEALTH RISK ANALYSIS, CUSTOM DIET,  
MEAL & WORKOUT PLANS**

**\*MAINTENANCE - \$100**

**-10 (10 MINUTE SESSIONS) - COME WHEN YOU CAN**

**\*MUST COMPLETE ONE OF OUR CERTIFIED PROGRAMS TO  
QUALIFY FOR THIS SPECIAL PROGRAM & PRICE.**

**Kick Start  
Spring & Save**

**Sign Up for our Finally Fit Program & Save \$100**

**“FINALLY FIT” IS A 10 WEEK PROGRAM THAT INCLUDES THE WHOLE BODY  
BEGINNER, INTERMEDIATE, ADVANCED & WELLNESS PACKAGE.**