

6- WEEK FAT LOSS PROGRAM

TRANSFORM YOUR BODY & CHANGE YOUR LIFE

Are you tired of all the fat loss gimmicks and diets?

Are you still confused about which programs provide optimal fat burning?

***This 6 week series will clear up the confusion,
dispel any existing myths, and give you
the results YOU want!***

Starts 3/15/10 - can sign up anytime
Various time slots available

\$99 includes:

- Pre/Post Measurements
- Weekly Weigh-ins
- Weekly accountability
- Nutrition and Activity Log Check-ins
- Weekly Question and Answer period
- Achieving your Personal Best - Priceless

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Training Long Beach for over 20 Years
Stephanie Hearrell-Luis: Owner/Trainer



Strength & Conditioning Facility

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