

Here Is Our VIP Summer Jump Start Special Offer To Get You Started Today!

Would you like to know how to make better use from your current gym membership? Or, perhaps you're stuck in a fitness rut! Maybe you just need a good kick in the you know what! Here is a great way to get back in the swing of things. We'll give you an in-depth, comprehensive 2 hr assessment of your over all balance, posture, core strength, metabolism, and cardiovascular health, as well as muscle strength and length testing. We'll teach you our highly successful corrective stretching techniques and you'll learn how to "iron the wrinkles" right out of your muscles in 10 minutes or less! You get all of the above for a very special price of \$95! Regular price is \$195 and if you are not **100% blown away satisfied** you don't have to pay!

After we're done with your health and fitness assessment, we can schedule your **Fitness Jump-Start Training Sessions**. This 3-session personal training package normally costs {\$225}, but as a gift to you it's yours for just {\$99} What can you accomplish in 3 fifty five minute training sessions? That's a great question. You can get a powerful "jump-start" towards your best body ever a lean, tone, firm and attractive body. It's true that we can't do for you what we done for so many here in the valley in just three sessions.

BUT WE CAN DO THIS FOR YOU

- We'll will show you the **six most effective exercises** you can do to "stoke" your metabolic furnace so it literally melts the fat right off your body.
- We'll reveal the **TRUTH** about why spending endless hours doing boring aerobic exercise (like running, treadmills, Stairmaster) is actually *counterproductive* to your goals. And we'll show you exactly what to do instead to maximize fat loss and firm up your body.
- You'll discover a **simple, easy eating strategy** that allows you to enjoy most of your favorite foods, and we'll **encourage** you to eat as often as five times a day!
- We'll expose all the **myths about diet and exercise** that are keeping you from being lean, toned and firm.
- You'll get a completely **personalized fitness program** you can follow when we are not with you.

Wow! That's a lot of stuff. And at only \$99, it's incredible!

WHY ARE WE DOING THIS?

Because we want you to be our next success story! And we want to introduce you to the only **proven system** for getting healthy and fit. Of course, it won't surprise you to learn that we hope you fall in love with the incredible, life-changing service we provide and decide to continue training with us. But... that's completely up to you. By the way....Did you know

SEMI - PRIVATE TRAINING SAVES MONEY?

Although We Specialize in One On One Training, we also understand the need for more **Affordable Options**. Our Semi Private Sessions help **you save 40% -50% off the regular private training** prices. Semi Private Training is a "**Smart Solution**" and an **affordable way to achieve** the results you want. now. Call a friend or two today and get stated for our super low price of \$19 a session!

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