

**FOR PARENTS ONLY**  
(Time to make a come back)

**CHOOSE TO LOSE LBS**  
**COSTS: \$10 Per session**  
(pre-signup) or **\$15 per**  
walk in session.  
**\$99 per month**

# **FITNESS FOR YOU**

**When:** Tuesdays, Thursdays, & Sundays

**Time:** 6:45pm- 7:45

**Locations:** National Conference  
Center(outdoors),  
Briarwoods High School(outdoors), &  
XFit-24(indoors)

## **CONTACT:**

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- FULL BODY SCULPTING**
- ”BUTT” BUSTERS**
- CORE-N-CARDIO**
- PLYOS**
- PILATES**
- RESISTANCE WORK**
- TEAM COMPETITION FOR LBS**

**~GUARANTEED RESULTS!!!~**



\*Keeping you moving is our motive, lose weight, trim up,  
escape stress, compete, meet new folks and have a good time.