



Teachers,

No one knows how hard you work and how busy you are, and even how your time at home involves preparation for your class. We understand it's hard to find time for just you, so here is your chance to focus on yourself. No matter your goal, whether its weight loss, strength, or endurance, these summer semi-private groups are the perfect solution.

We will introduce you to the newest and most efficient way to train and you WILL see results. We will be available for private consultations to create a fitness program that you can continue throughout the school year. Do not delay. Each session is limited to 10 people. If needed, more sessions will be available.

Sign up today!

June 18th - August 13th

Mon & Wed
2:00pm

Tue & Thurs
9:30am

TO OUR

SUMMER
MELTDOWN



YOU GET

the benefits of a
Personal Trainer at a
fraction of the cost.

For information or to enroll email:
yoursolution4fitness@live.com

*Include your name , number,
& preferred time.*