



Introducing...

TOTAL BODY TRAINING

Now at The Health Club for Women.

We're Bringing Sexy Back.

Total Body Training is a system of personal training that is scientifically designed to change your body as fast and effectively as possible. This training system is the perfect combination of:

Cardiovascular, Strength, Core, Balance and Flexibility Training.

The Program Is Designed To:

- Speed Up Your Metabolism
- Blast Fat From All Over Your Body
- Sculpt and Tone Your Butt, Thighs, Arms and Legs
- Flatten Your Tummy, and Reduce Inches on Your Waist

**LAUNCHING SOON WITH LIMITED SPACE.
SEE BACK FOR DETAILS!**

WHAT YOU GET:

- 1 Hour of Personal Training 5 Days a Week
- Goal Consultation
- Body Composition Analysis
- Customized Meal Plan
- Grocery Shopping Lists
- Nutrition Education
- Accountability!

ONLY **\$275.00** PER MONTH!
(A \$1,500 Value!)

Sign up to try it for free:

Tuesday January 13th & Wednesday January 14th

*There are only 4 spots available per hour.
Sign up today. It WILL fill up quickly.*

Call or E-mail for Details:

Phone: (281) 807-9160

Email: info@thehealthclubforwomen.com

