



Get ready for summer—
lose 20 to 30 pounds by
Memorial Day!

Lose Weight, Feel Great with Biometrics



*Learn proper eating &
exercise habits for a
lifetime.*

*Eat healthy foods you
buy at the grocery store.
No pills, supplements, or
special packaged food.*



6 Week
One-on-One
Program

\$999

SAVE \$80!!! Special price expires
2/28/10. (Regular price \$1,079)

[Sign up with a friend and save!](#)

Two clients
training together **\$799** each

Three or more
clients training
together **\$579** each

Your Six Week Program Includes:

- F 18 personal training sessions (30 minutes, 3x per week)
- F A personalized menu plan tailored to your calorie level
- F Your choice of healthy recipes
- F Initial profile & follow-up sessions