

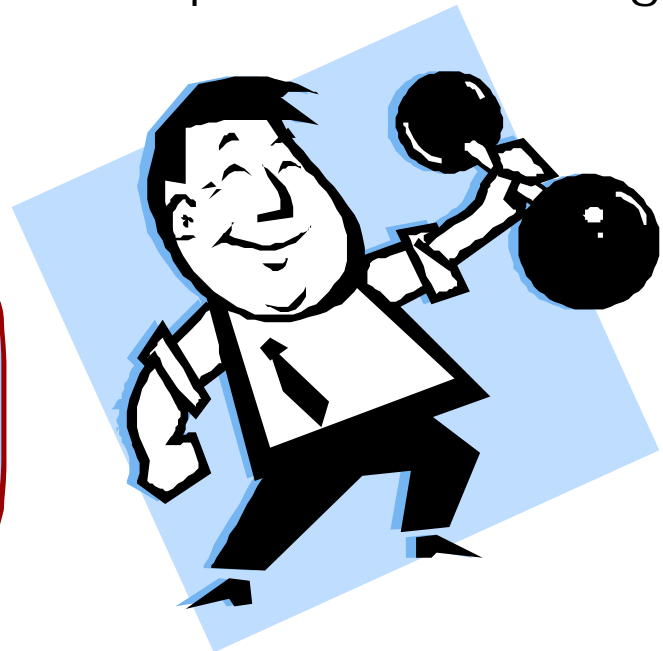


now offers

Cardio Combo Sessions!



Each session includes:
F 30 minutes of cardiovascular exercise in the studio (on your own)
F 30 minutes of one-on-one personal training



A full hour workout for only...

\$40

(Minimum 12 session purchase, minimum 2 workouts per week.)

301 627-7000

We're located at 6247 Crain Highway, Route 301 South, Upper Marlboro (1 mile south of Route 4)