



EXTREME-FIT / BODY-SCULPTING PROGRAM

Three People Max + Personalized Attention = SUCCESS

Are you stuck in a fitness rut? Is your body no longer responding to your current exercise routine? Would you like to see more muscle definition and an overall leaner physique?

Well...shock your body into shape with the Extreme-Fit Body-Sculpting program at Top Shape fitness!!

This program is designed for men and women with a good fitness foundation in terms of moderate to advanced cardiovascular and muscle endurance. We will employ an aggressive mix of weight-training for muscle definition and cardio training and dieting for fat loss to help you develop a lean, muscular body in the shortest time possible. And, don't worry ladies...we won't bulk you up.

This is an ideal program for anyone considering participating in Fitness Competitions, pageants, or simply going on vacation or cruise and desiring a body that will look fantastic in a bathing suit.

Cost: \$300.00 / month Biwklly. Pmts. Avail.	Start: 1 st Monday, Each Month	Times: Mon, Wed, Fri 5:00 PM - 6:30 PM 6:30 PM – 8:00 PM
Where: Top Shape Fitness	Location: 9110 Red Branch Rd Columbia, MD 21043	Contact: George Tyler (410) 715-3727 gttopshape@yahoo.com