

I want my High School waist back!

I Want My High School Waist

Mon. & Thurs. 6:00 p.m., August 9 - Sept. 16

Its back!

Your opportunity to treat the fall the way you did when you were in a high school sport!

This six week long course will provide you with the tools to get back on top of that ever expanding waist line and make a positive change that will last.

Rob will take you through 3 different programs that will be designed to slim you down and make you strong.



w / Rob Martin

Price includes DVD of each of the three workouts.

6 wks, 12 sessions, \$149 members \$199 non-members



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