

PT55TM

CHANGE YOUR LIFE & YOUR BODY IN JUST 55 MINUTES A WEEK!

Monday, September 13th - Friday, November 12th

This Extreme Eight-Week Program Includes:

- 2 Weekly 25-Minute Sessions:
Intense Muscle-Building & Fat-Burning Workouts
- Comprehensive Nutrition Regimen
- Pre- and Post-Program Health & Fitness Evaluation
- Weekly Educational Newsletters
- Guidance from Experienced Exercise Physiologists
- Guaranteed Life Changing Results

WHY TRY PT55?

This program is effective because it will challenge your muscles, support healthy dietary changes, hold you accountable for the program duration, accurately measure your results, and educate you on creating sustainable lifestyle changes.

START YOUR LIFE NOW WITH THIS RESULTS-DRIVEN PROGRAM

Cost: \$80/Person – That's just \$10/week or \$5/session!

(You may purchase an additional 10-visit punch card for \$30 to use the gym outside of the program training sessions)