

Lose Stubborn Body-Fat and Keep it OFF, While Energizing Your Mind and Body, Feed Your Muscles and Starve Your Fat as You Lose Inches, Improve Health and Melt Away Body-Fat.

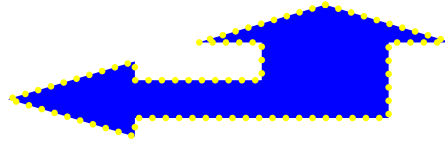
Give us 24 Days and We'll Give You Your Body Back!

JEREMY AND JAMIE'S 24 DAY CHALLENGE



Like Nothing Ever Offered Before... *Jan 28th-Feb 20th*

First, Second and Third Place in the Fall 2009 "I Lost it at the Club" Competition



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**All Classes
Located at PTC Location**

Thursdays @ 5:15am:
30 Minutes of Cycling
30 Minutes of Strength
Training

Saturdays @7:10am:
60 Minutes of Total
Body
TEAM TRAINING



Enroll Before January 15th and SAVE \$30.00

(Only \$129.00). Space is Limited so HURRY.

FREE Jumpstart Nutritional Seminar January 20th presented by Jamie Arion

Reserve your Spot in this Ground-Breaking New Class at the Front Desk.



TRI FITNESS