

BUTTS & GUTTS

4-WEEK SMALL GROUP PERSONAL TRAINING PROGRAM

Get ready to lose weight, shape up and
tone all the muscles below the waist, including your abdominals!

Presented by Certified Personal Trainer and Group Fitness Instructor
Linda Famularo — World Gym — over 18 years of fitness experience.

You can make a real difference in
how you look and feel in just **FOUR**
weeks!

Each class will consist of lower body
exercises using body bars, steps,
dumbbells, resistance tubing,
gliding discs, and stability balls.

PTC:

6:45pm-
7:45pm
Tuesday &
Thursday

Hwy 54:

7:00am-
8:00am
Tuesday &
Thursday

Need a different day and time?
Grab a group of 4-5 friends and
we'll do the class when it's
convenient for your small group!

Class is limited to 12 participants. Minimum
requirement is 5. Payment required at the time
of registration.

Deadline to register: 5/29/09

Small Group Personal Training Sessions
makes fitness affordable and fun, while
providing accountability, encouragement,
education and social support. This small
group personal training program will be
personalized, with time for 1:1 attention and
access to your personal trainer (that's me) for
questions via e-mail between classes.
Having a maximum of 12 participants
ensures personal attention required to meet
each individual's needs in a supportive
group atmosphere.

All fitness levels welcome!

Each participant can expect:

- Total fitness motivation from me!
- Effective, efficient work-outs.
- Improvement in their form and exercise technique.

Each participant will receive
individual cardiovascular guidelines
as well as nutritional guidelines.

For more details on this 4 Week Program
that will help you shape up and get **YOU**
ready for summer, call Linda today!

770-778-7479 or e-mail:

linda_personal_trainer@yahoo.com

Register @ the PTC Location for the PTC Class or
the Hwy 54 Location for the Hwy 54 class.

8 one-hour sessions—\$99

Approximately \$12 / session! The
regular price for (8) one-on-one PT
sessions is \$416. **YOU** save over \$300 by
working out in a small group. **WOW!**

Non-Members additional
charge of \$59