

FINAL QUARTER FALL FITNESS CHALLENGE

6-WEEK SMALL GROUP PERSONAL TRAINING

October 13th through November 17TH

Why the "Final Quarter"?

The obvious reason is because this is the final quarter of 2011! Time for you to take out that list of goals you made way back in January and see where you are for the year, and step up your efforts to make this a year to remember for your health and fitness.

The less obvious reason is that it's football season! In the game of football, sometimes the best plays are often made in the fourth quarter. That's what you're going to do! You're going to take control, jump start your fitness and drive all the way to the end of the year and your success.

By the end of the six-week period you'll be well on your way to adopting the habits you need for lasting results!

\$119 for 6 one-hour classes

**Sign-up on or before Tuesday,
October 4th
and save \$10!**

Last day to sign-up: October 10th

Get all the benefits of a personal trainer at the fraction of the cost of personal training one-on-one! (The cost of 6 one-hour sessions is \$360.00—you save over \$230)!

Registration and payment is required in order to reserve your spot. Please register at the PTC Gym front desk.

**Space is limited to 12
participants!**

The Final Quarter Fall Fitness Challenge is a fun and motivational way to help you get in better shape and lose body fat! More importantly, this 6-week program will not only motivate you to get on track but it will educate you along the way! You will receive weekly work-out tips and nutrition information.

**Every Thursday 9:15am - 10:15am
PTC Gym - Studio B**

During the one-hour weekly class, participants will weigh-in and take part in a fat burning work-out (options are given for every exercise). All participants are encouraged to turn in a weekly food log. Each participant will be given guidelines and suggestions for work-outs for the duration of this six-week program.

The Final Quarter Fall Fitness Challenge is for you if:

- You are trying to lose the first five pounds.
- You are trying to lose the last five pounds.
- You want to decrease body fat.
- You want to lose inches.
- You are at a weight-loss plateau.
- You want to change your eating habits.
- You have set goals and have been unable to attain them.

For more info, please call

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