

ACHIEVE

FITNESS

TRANSFORM

DEDICATED

HEALTHY HABITS ARE MADE EASY AT WORLD GYM!

NUTRITION

STRENGTH

COMMITMENT

ENERGY

TRANSITIONS LIFESTYLE COACHING

Learn to EXERCISE to live! EAT by using the low glycemic index. SUPPLEMENT your body efficiently. SUPPORT your goals! This is not a diet - it is a Lifestyle System that helps support your metabolism and allows you to lose weight optimally by reducing body fat.

HOLLY BROWN
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LIFESTYLE FITNESS COACHING

Lifestyle Fitness Coaching addresses the whole person, not just cardiovascular, strength, flexibility and/or nutritional plans. Fitness coaching is the internal side of physical training: it helps clients make a mind-body connection that creates lasting lifestyle changes.

JAMIE ARION
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We have all heard the saying "You are what you eat!". The bottom line is we all choose what to eat and when, but most of the time, we make the wrong choices. Let WORLD GYM teach you how to OPTIMIZE your nutritional choices with the facts through Lifestyle Fitness Coaching and the Transitions Lifestyle System. Coaching sessions are available to Non-Members. WORLD GYM...Building healthy bodies and success stories one person at a time.

WORLD GYM
FITNESS CENTERS
www.worldgymfayette.com

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FAYETTEVILLE

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