

**TRAVEL WORKOUT COMPLETE WITH
ALL THE EQUIPMENT YOU NEED TO
STAY IN SHAPE ON THE ROAD**

DO YOU PLAN TO TRAVEL OVER THE SUMMER?

**TAKE YOUR WORKOUT ON THE ROAD AND
STAY IN SHAPE!**

**IT'S A TRAVEL WORKOUT ANYONE CAN DO IN
A HOTEL ROOM**

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**WHAT YOU GET:**

- **A RESISTANCE BAND CUSTOMIZED TO  
YOUR STRENGTH CABILITY**
  
- **A PRINTED WORKOUT**
  
- **A RUN-THROUGH OF THE WORKOUT WITH  
A CERTIFIED PERSONAL TRAINER**

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CALL JANET CALDWELL AT 770-461-6499 OR EMAIL
JBCALDWELL1@BELLSOUTH.NET TO SET UP AN
APPOINTMENT

\$85