

BUTTS & GUTTS

Small Group Training

4-Week Session (8 one-hour classes)

Starts January 10, 2012

Butts & Gutts is a 60-minute super effective lower body solution. During each class, you will do a variety of lower body and abdominal exercises integrated with fat burning cardio blasts. We will use the step, dumbbells, body bars, resistance tubing and bands, stability balls and gliding discs. There is simply no lower body muscle that is overlooked or underworked in this class.

Each class is a little bit different so you (and your muscles) never really know what to expect. The key to experiencing results is always tricking your muscles into doing something new or unexpected so that your body never gets used to a certain routine.

If you are ready to make 2012 the year you lose inches & body fat, and tone & tighten, then you need to start with **BUTTS & GUTTS!**

PTC Gym
Tuesday & Thursday
9:15am–10:15am

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

I signed up for Linda's Butts & Gutts class for the first time and absolutely fell in love with it. I typically do not participate in group exercise classes as I have my own routine, however I felt I needed a little extra something to tone my problem areas-butts and gutts. After taking this class, I dropped 2 jean sizes and was so excited at the results. When our last class ended I was asking when the next session would be and had Linda help me put together an interim Butts and Gutts routine until her next session. Alicia P

\$129 for 8 one-hour classes

Sign-up on or before December 31st and save \$10!

Get all the benefits of a personal trainer at the fraction of the cost of personal training one-on-one! (The cost of 8 one-hour sessions is \$440.00—you save over \$300!)

Gift certificates available!

Space is limited to 12 participants

Sign up today!

Last day to register: Friday, January 6th



For more info, please call

LINDA FAMULARO

Personal Trainer

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