

FIRE IT UP



DO YOU WANT YOUR METABOLISM WORKING AT
THE MAXIMUM LEVEL?

NEED TO KNOW HOW TO EAT TO FIRE IT UP?

WANT CALORIE-INCINERATING WORKOUTS?

NEED A GROUP ATMOSPHERE OF
ACCOUNTABILITY AND ENCOURAGEMENT?

DO YOU WANT TO LEARN WHAT SUPPLEMENTS
WILL HELP?

FIRE IT UP

IF YOU ANSWERED YES TO ANY OF THESE
QUESTIONS, THEN YOU'RE READY FOR THE "FIRE
IT UP" PROGRAM – 8 WEEKS OF FAT-BLASTING
HEART-PUMPING FUN!

STARTING JANUARY 8, 2011 - SATURDAY MORNINGS AT
7:00 A.M. ONLY \$150!!! - LIMITED SPACES!!!!!!

CONTACT JANET CALDWELL AT 770-461-6499 OR EMAIL
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