

12 WEEK SUMMER BODY CHALLENGE

TRAINERS

LIZ GABLER & EDDIE LUZON

WHEN

Saturday, MARCH 16, 2024 at 11:00 AM
(Mandatory Nutrition Seminar)

Meet and Greet and Nutrition Overview
Classes start March 18 and end June 8

Classes Start March 18th, End June 8th • 12 WEEK SUMMER BODY CHALLENGE BY EDDIE & LIZ • 84 Workouts in 12 Weeks • Get your physique "Summer & Beach Ready"



SCHEDULE

M: 615 AM / 530 PM

T: 615 AM; W: 530 PM

Th: 615 AM; F: 530 PM

Sat: 830 AM

GIVE US AN HOUR

We promise **fun**, interesting class engagement. We will **push you** to do and be your best. **Personalized** round-robin individual focus in sessions.

For full program details come to the Nutritional Seminar Saturday March 16th at 11 AM

GROUP TRAINING DISCOUNTS

