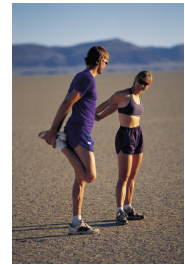


TONE ZONE FIT CHALLENGE 2011

Lose Weight and Feel Great – just in time for the holidays!



**Enjoy your 2011 holiday
preparations and
gatherings
with...**



CONFIDENCE

AND **ENERGY!**

A small group is now forming to work as a supportive team in the 6-week Tone Zone Fit Challenge beginning Thanksgiving week (Nov. 21) and running through the last week of December.

PARTICIPANTS WILL MEET TWICE WEEKLY FOR WORKOUTS THAT INCORPORATE CARDIO ACTIVITIES, STRENGTH TRAINING, AND FLEXIBILITY EXERCISES IN A VARIETY OF SETTINGS, BOTH INDOORS AND OUTDOORS. BEFORE AND AFTER FITNESS TESTS WILL BE CONDUCTED TO MEASURE INDIVIDUAL PROGRESS. WEEKLY WEIGH-INS WILL ENCOURAGE MEMBERS TO BE DEDICATED TO A SUCCESSFUL JOURNEY. AFAA-CERTIFIED PERSONAL TRAINER, GINNY ERVIN, WILL LEAD THE GROUP, WHICH IS OPEN TO MALES AND FEMALES. THE TOTAL PROGRAM COST IS \$150 WHICH **ALSO INCLUDES FULL MEMBERSHIP TO TONE ZONE GYM DURING THE 6-WEEK PROGRAM.**

SPACES ARE LIMITED TO THE FIRST TEN REGISTRANTS, SO DON'T DELAY! SEND YOUR RESERVATION TO acrawford@tonezonegym.com TODAY!

www.tonezonegym.com