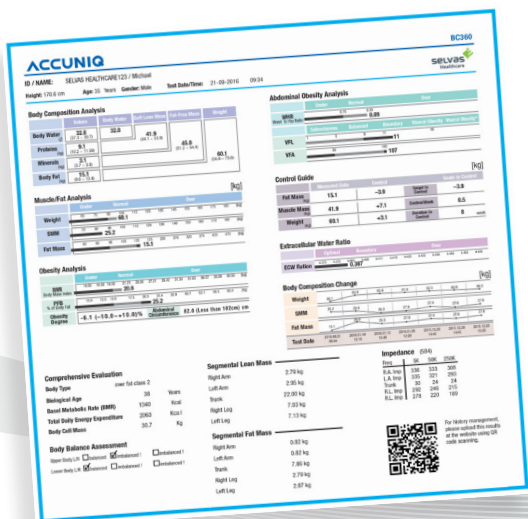


**VISIT A PERSONAL TRAINER  
TODAY AND WE WILL HELP  
YOU GET STARTED!**

# SPINNING YOUR WHEELS AT THE GYM?

**VISIT YOUR CERTIFIED PERSONAL TRAINER FOR A BODY  
COMPOSITION ANALYSIS. WE WILL GUIDE YOU ON THE MOST  
EFFICIENT WAY TO LOOK AND FEEL THE WAY YOU WANT.**



“Before my analysis, I’d come to the gym and do some cardio and a few weights. Now I have a plan. I’m seeing the results I’ve always wanted. I’m literally working out less, eating more and seeing better results.” *Sarah B - Detroit, MI*