

90 DAY TOTAL BODY

Date: WHEN YOU START

**TAKE THE FIRST STEP -
STEP UP TO YOURSELF!**

1 Corinthians 6:19-20

Or didn't you realize that your body is a sacred place, the place of the Holy Spirit? Don't you see that you can't live however you please, squandering what God paid such a high price for? The Physical part of you is not some piece of property belonging to the spiritual part of you. God owns the whole works.

So let people see God in and through your body!

- **90 Day Customized Exercise Program**

Weight Management & Nutritional Class

Colon Cleansing

Meal Plan

One on one Personal Training

Initial Assessment*

- \$20.00 Initial assessment*

**Off of Security Blvd., diagonal from Best Buy,
after the storage bldg. Top of the bldg. is dark
blue and 1718 Belmont is in big print on the side
of the bldg. Call if lost.**



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