

TOTALLY YOU

A LIFE STYLE CHANGE NETWORK

1718 Belmont Avenue – Suite H

410-254-1555



FIRST WEEK FREE!

\$50.00 PER MONTH

Pay as you Go!!



MONDAY & WEDNESDAY is the POWER HOUR

6:30 PM – 7:30 PM

Strengthening, and Toning with Weights

TUESDAY & THURSDAY is the TOTAL BODY SCULPTURE

6:30 PM – 7:30 PM

SUNDAY is the TOTAL BODY SCULPTURE

9:00 AM – 10:00 AM

A Variety of Exercises to Sculpture the Body, Including Aerobics and Step

