

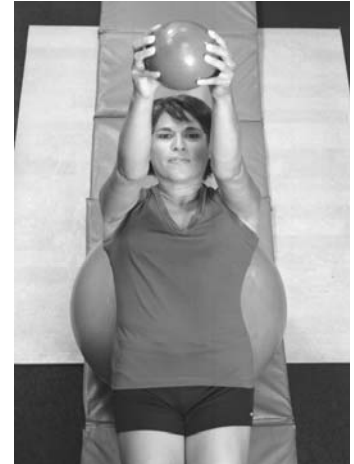
6-Week

# FITNESS *makeover*

A Great Mother's  
Day Gift!

## **6 Weeks ... 12 Sessions ... 1 Brand New YOU!**

The HammerBodies Fitness Makeover is a 6-week, highly-focused body shaping program specific to female fitness needs. Want to tone? Shape up? Fit into those old jeans? Give your body a boost with every tool it will need – expert instruction, semi-private fitness training, and a one-on-one nutrition consultation (and subsequent custom meal program design) with a HammerBodies registered/licensed dietitian. Give us your body – and your mind – and we'll put you on the path to results!



### **You'll Receive:**

- **Training:** 6 weeks of semi-private (no more than 5-on-1) appearance training, led by a HammerBodies Custom Fitness Training Specialist (12 total sessions)
- **Nutrition:** A one-on-one, 60-minute consultation with a HammerBodies registered/licensed dietitian and fully-customized, step-by-step meal plan

### **WHEN:**

Tuesdays & Thursdays,  
12:00 p.m. – 1:00 p.m  
Beginning 5/20/08

*Min. 4 and max. 5 per group.  
Registration based on first  
come, first serve basis.*

### **WHERE:**

HammerBodies Custom  
Fitness  
2121 Hammer Drive  
Maryland Heights, MO

### **COST:**

Just \$299.00 per person  
(plus tax)



Call **314-567-3797** to register today!