



Phat Chicks



PRESENTS

Body PHAT

What?

4 WEEKS

3 WORKOUTS/ WEEK - 45 MINS EACH

Fee: \$180.00

Includes: 30 mins. of CORE conditioning & 15 mins. cardio blast coached by certified personal trainer, bodyPHAT tee, discount card for Foot Tools, 3 day nutrition plan sample.

When?

May 29th - June 23rd 2012

Tues. & Thurs : 7-7:45p.m

Saturday: 9-9:45 a.m

Where?

Meet @ TANSLEY WOODS Park (parking lot)

4100 Kilmer Dr.

Burlington

(Directions: Off of Walkers Line, one street south of Upper Middle rd. follow to end. Parking lot on right.)

Please bring yoga mat and water.

Why?

Increase: energy, self-esteem, muscle strength, develop cardiovascular efficiency (aka: work your ever important heart and lungs), metabolic rate, enhance sport / life performance. Laughter.

Decrease: risk of injury, sleeplessness, mood swings, depression, poor posture.

How?

So easy!! Sign up on line at www.phatchicks.ca

BE YOUR BEST. BE STRONG. BE PHAT.

