

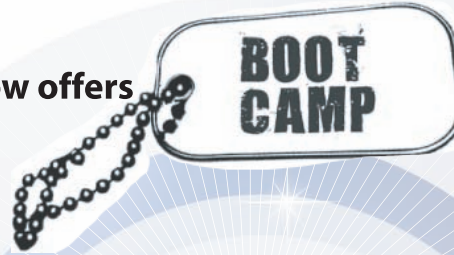
FREE 21 Day "Fall Fat Blast Challenge"

LIMITED TIME only!

- Do you feel uncomfortable in your clothes?
- Does your weight affect your personal life?
- Are you tired of trying to lose weight on your own?
- Are you tired of making excuses?

If so then check this out.....

Nirvana Fitness Center in Bristol, PA now offers in shape quickly and effectively.



classes to get you

"Now is the time for you to focus on yourself & to shed the unwanted body fat to reveal your best sexy body."

"Not only will you learn the workouts but you will work one on one with an accredited fitness expert who meets with you to go over your fitness and diet plan. Learning how to be healthy while losing weight is what is going to keep you happy, healthy, and fit!"

call 215-788-8800 (ask for Lou) and sign up between Sept 30th- Oct 14th and get 21 Days of BOOT CAMPS **FREE**

CHECK OUT THE TESTIMONIALS: www.nirvanafitness.com

Also check us out on FACEBOOK: Lou's Boot Camps

◀ *real people with real results* ▶



CLASS DAYS AND TIMES:

MONDAY-FRIDAY

9:00- 10:00 AM

6:00-7:00 PM

7:00-8:00 PM

SATURDAY

12:00- 1:00 PM



Email us at www.getfit@mvpssportstraining.com