

# FREE GRATUIT



## Health consultation

One-on-one coaching | meal plans & snack ideas | workout routines | 24/7 support team



## Group workouts



## + fat-burning tea & post workout shake!\*

\*valid for xl use only

"My energy is off  
the charts now"

"Losing 20lbs feels like  
I've aged backwards 20  
years!"

**FIT CLUB24**

Get in the best shape of your life!



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*Schedule:*

Mon 7pm

Tues 7pm

Wed 6:30pm

Thurs 7pm

Sat 10am



*Learn the truth about fitness & nutrition*

**GET MOTIVATED!**



*Community | Weight loss specialists | Guaranteed results*

Contact **SONYA** today!



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