

ADVANCED 20/20 LOSE INCHES

TONE UP ♦ WORK YOUR CORE

MUSCLES



Guided nutritional support
Goal setting
Program design
Friendly Competitions
Group support
Motivation

PROGRAM DESIGNED TO TEACH YOU

PROVEN EFFECTIVE MUSCLE MOVEMENTS TO STRENGTHEN YOUR CORE MUSCLES

MONDAY WEDNESDAY. THURSDAY.	5:30 PM - 6:45PM or 11:45 AM-1:00	Coaching provided to meet weekly goals!	Goals must be completed prior to session 1 \$250 members, \$300 non-members 5 weeks 20 sessions email hlewis@7flags.com
-----------------------------------	---	---	--