



# **LIFE CHANGING TONE & TIGHTEN ADVANCED 20/20 LOSE INCHES. TONE UP. STRENGTHEN YOUR CORE.**



**THIS PROGRAM DESIGNED TO TEACH YOU PROVEN EFFECTIVE MUSCLE MOVEMENTS TO STRENGTHEN YOU . TONE YOUR BODY . LOSE INCHES.**

Classes starting APRIL 12<sup>th</sup> Call-515-249-4095 or [hlewis@7flags.com](mailto:hlewis@7flags.com)

MONDAY WEDNESDAY. THURSDAY.	6:15 PM 7:15 PM Starting April 12 End May 13th	All Individuals will be measured to meet weekly goals!	Goals must be completed prior to session 1 on April 12 <sup>th</sup> .
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\$250 members, \$300 non-members 5 weeks 15 sessions

email [hlewis@7flags.com](mailto:hlewis@7flags.com)

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