



# Phat Chicks



*Presents*

## Body PHAT

### What?

4 WEEKS

3 WORKOUTS/ WEEK - 45 MINS EACH

Costs: \$180.00

Included: 30 minutes of CORE conditioning & 15 minutes of cardio. Coached by Certified personal trainer, discount card for Foot Tools, 3 day nutrition plan sample, Journal & nutrition support. Results driven Program.

### When?

OCTOBER 15 to NOVEMBER 10, 2012

MONDAY + WEDNESDAY ~ 7-7:45p.m

SATURDAY ~ 9-9:45 am

### Where?

CENTRAL ARENA

Burlington

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, excess weight, poor posture.

### How?

So easy!! Sign up on line at [www.phatchicks.ca](http://www.phatchicks.ca)

**BE YOUR BEST. BE STRONG. BE PHAT.**

