

A Total Fitness Check-Up



Total Fitness - Challenge:

- ★ *What can you accomplish with Workshop of Prioritized Fitness?*
- ★ *Are you ready to re-claim your “Fountain of Youth”?*
- ★ *What fun activity are you dreaming about pursuing?*
- ★ *Think of your body as your most prized possession to enjoy!*
- ★ *Limitations In Life – Ones You Accept!*

2 Hr. Workshop & Hands-On Total Fitness Exercise!

By: David Martin

Interactive Workshops Will Include:

- Total Fitness Overview.
- Daily Nutrition – Optimal Fuel.
- Stress Management – Maximizing Energy.
- Strength Training – Perfect Technique.
- Aerobic Conditioning – Injury Free.

Day: Thursday night, Time: 6:30pm-8:30pm

Date: 10 June 2010

Cost: \$50 per person, \$60 family (2 or more)

**Location: Seneca Academy (Gathering Room)
15601 Germantown Road, Germantown 20874**

Strength & Cardio Analysis.

Wear Exercise Clothes.

Questions :720-810-0206

To register:www.fitnessstalks.com



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