

## NEW: FITNESS RX TARGET TONING: WORKSHOP (DVD FOR SALE \$25)- PLEASE PRE-REGISTER

Brazil Butt Lift and Tummy Tuck: This workout focuses on your trouble zones: batwing arms, saddlebags, muffin tops ! You will feel the burn and get results fast! It's a great way to exercise when you are short on time. Slip into your "skinny" jeans and tank top with confidence. Please bring light hand wts (3 lb wts work best for most), exercise mat for floor work, and a big old sock .

Whether you're trying to jump-start your weight loss program, get over your fitness plateau, or just maintain your great results, this is the fastest, most versatile program to help you get there!! ARMS- DON'T LET ANYONE CALL YOU "batgirl" in a reference to the fat on the back of your arms. Let me teach you the exercises that will firm, and tone your arms without bulking them up!

### GET YOUR BRAZILIAN BUTT WITHOUT SURGERY!!!

This workout system is designed to reduce, shape, and lift your behind- works all 3 major buttocks muscles and Includes lower-body sculpting moves that are cardiovascular, melting away fat.

WHY PAY \$5,000 to \$10,000 FOR A TUMMY TUCK? Lose weight around the abdominal region with the non-surgical tummy tuck method. Let me teach you how to get flat, sexy abs quickly!!!

Please wear exercise clothing and aerobic shoes, and bring a set of light hand weights (2 or 3 lb wts work best for most) and an exercise mat for floor work. Ankle weights are optional

email to [INFO@FITNESSRXONLINE.COM](mailto:INFO@FITNESSRXONLINE.COM) FAX 248 488 9830 PHONE 248 488 9830

### BERKLEY

Tyndall	Hillary	Target Toning Workshop	Tues. 6:30 p.m. -JAN 10 ONLY	\$20	10-Jan
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### BLOOMFIELD HILLS

Lahser H S	Heather	Definity workshop	Sat 11:00 am- one time	\$25	14-Jan
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### LIVONIA

Stevenson HS	Angie Kielar	Target Toning	Sat 11 am- WORKSHOP	\$25	21-Jan
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### WEST BLOOMFIELD

102- Recreation Activities Center	Kelly Brooks	Target Toning	Sat Jan 14 only- 11:00 am	\$20	14-Jan
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Angie Kielar 248 488 9830 [info@fitnessrxonline.com](mailto:info@fitnessrxonline.com) website: [www.fitnessrxonline.com](http://www.fitnessrxonline.com)