

## NEW: TARGET TONING: BBL/TT WORKSHOP OCT 15 11 AM

Brazil Butt Lift and Tummy Tuck: This workout that 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!!

\$10 11:00- AM 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!

\$10 11:15 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.

\$10 11:30 PM 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 one of your husband's socks, 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.

OPTION FOUR ALL THREE CLASSES \$20

PLEASE PARK IN THE DRIVE WAY- AND LET YOURSELF IN SIDE DOOR-

is held on the lowest level of the house

PLEASE GO STRAIGHT DOWN THE STAIRS.

28575 Wintergreen Dr

Farmington Hills, MI 48331

Directions from the south

275 north, to m\_5 north

12 mile rd exit, right off of the exit

To Halsted, left

½ mile, Halsted Hills sub, Wintergreen drive, right

Second house on left, please park in the driveway, side entrance, let yourself in, and go straight down the stairs.

DIRECTIONS FOR Angie Kielar

28575 WINTERGREEN DRIVE

FARMINGTON HILLS MI 48331

FARMINGTON HILLS HOME OFFICE

JUST NORTH OF 12 MILE 2 HOUSES EAST OF HALSTED

FROM THE EAST

Take 696 west to

Orchard Lk Rd exit right off of exit to 12 mile and turn left

Go about 5 lights to Halsted and turn right

One quarter mile to Wintergreen turn right

Second house on the left address below, side door please, meeting downstairs

FROM THE WEST

Take 696 east to M-5 north

12 mile road exit, turn right

Go to Halsted (about 1 and ¼ Mile)

Turn left

Go ½ mile north

Turn right onto

Wintergreen, second house on the left, side door please, meeting is downstairs

from the north---

take Telgraph or Orchard Lake Rd south to 13 mile and turn right

take 13 to Halsted and turn left

turn left at Wintergreen Drive, second house on your left side door please, meeting on the lower level

Angie Kielar C.P.T., R.Y.T., C.G.C.S. Fitness RX.....Strengthening Body, Mind & Spirit....Private Sessions and Classes, Personal Training, Yoga, Pilates, Kickboxing and Weight Training Website: [www.fitnessrxonline.com](http://www.fitnessrxonline.com) 248-488-9830 FAX 248-488-9828 [INFO@FITNESSRXONLINE.COM](mailto:INFO@FITNESSRXONLINE.COM)

REGISTRATION FORM

Name \_\_\_\_\_ . \_\_\_\_\_

Address \_\_\_\_\_

City State & zip \_\_\_\_\_ . \_\_\_\_\_

\_\_\_\_\_ . \_\_\_\_\_

Phone #: \_\_\_\_\_ . \_\_\_\_\_

Email \_\_\_\_\_ . \_\_\_\_\_

Session(s) you are registering for:

1. \_\_\_\_\_

2. \_\_\_\_\_

Payment Method:

Check # & Amount \_\_\_\_\_ . \_\_\_\_\_

Circle: Visa Master Card

Card # . \_\_\_\_ . \_\_\_\_\_

Exp Date \_\_\_\_\_ . \_\_\_\_\_

Sec code from back of card \_\_\_\_\_ . \_\_\_\_\_

Please mail this form and payment to

FITNESS RX-28575 WINTERGREEN DRIVE, FARMINGTON HILLS, MI 48331