



FITNESS IMAGE RESULTS®

Road To Fitness

Class Description: A low impact, low conditioning program designed for people wanting to learn how to workout. This program focuses on beginners and individuals interested in weight-loss and becoming FIT. Some of the benefits of the program include the following:

- ◆ Weights Loss.
- ◆ Bodyfat Loss.
- ◆ Reducing Blood Pressure and Resting Heart Rate.
- ◆ Reducing Overall Cholesterol Levels.
- ◆ Learning how to exercise properly and avoid injuries.

Program Details:

- Results are Guaranteed or your money back!
- **Cost for the entire program is only \$99 for Brambleton Residents (Use Coupon Code: Bram-Fit).** Non-Resident's cost is \$25 sign-up fee and \$99/month thereafter.
- **Program Start Date– Monday, October 29th.**
- **Road To Fitness Workout- Tuesdays & Thursdays- 5:30pm-6:30pm**
- **Location: 42255 Palladian Blue Terrace, Brambleton, VA 20148**
- **Only 15 slots available so sign up today!** <https://firesults.com/product/road-to-fitness-program/>



JOIN US TODAY!