

BOOTCAMP



**LOSE UP TO 10 POUNDS
& 10" IN 10 DAYS!***

- **JUMP START YOUR FITNESS PROGRAM**
- **CHANGE FROM INACTIVE TO ACTIVE**
- **AVOID A WORKOUT PLATEAU**
- **SEE IMMEDIATE RESULTS**
- **GROUP COMARADEE**
- **SUPPORT & MOTIVATION**

HOLIDAY EVENTS AND PARTIES? START OR ENHANCE YOUR FITNESS PROGRAM WITH TRISH!

Date: November 2 thru 11
Time: Mon-Fri—6:30 to 7:30 AM
Sat—Sun—8:30 to 9:30 AM
Location: Anytime Fitness
805 Patton Avenue
Asheville, NC
Price: Non-Member \$200
Member: 120

Phone: 828-216-3529

Website: www.fitwithtrish.com

Email:

tstrongt@fitwithtrish.com

*Inches are cumulative. Results will vary—so put your heart in it!!



MY QUALIFICATIONS:

- **American Council on Exercise (ACE) certified personal trainer since 2000.**
- **Group Exercise Instructor since 1998**
- **I have conducted 35+ 10 day BOOTCAMPs!**

My workout philosophy is variety and efficiency. Variety keeps people from developing overuse injuries and efficiency satisfies the busy lifestyles which so many people have today!

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