

FIT in 30

Weight Loss • Strength Training • Toning • Athletic Training

It FITS Your Schedule! It FITS Your Life!

Have a 30 DAY Goal? Let's Achieve It!

Program Benefits:

- 4 (1/2 hr) Training Sessions
- 1 Month Membership
- Plan Customization
- Workout Calendar
- Fit Evaluation
- Nutrition Plan
- Free Classes

Call for Details
About This
Customized
30 Day Program
554.7222



2343 New Holt Rd
Paducah

www.energyfitnesspaducah.com

Results vary by participation effort.

