## 12 Weeks Body Challenge Fitness Program



- Weight Loss
  - Strength
  - Tone up
- Muscle Definition
- Increased Energy

## GET FIT AND IN-SHAPE FOR SUMMER

Dont wait another day! Simply text your name to

0403 713 537

**FREE** assessment and nutrition consultation! <a href="https://www.TheVillagePT.com">www.TheVillagePT.com</a>