



Spring 2010 M2LF Newsletter

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Shape UP Fresno!

- **Fresno's Best Boot Camp Meets three times per week!**
- **Lose weight and get into the BEST shape of your life!**
- **New Classes Start Saturday May 8th!**

It is time to make a change...M2LF Style!!!

Do you want to lose weight, get stronger, burn fat, and have fun doing it? Then join Central California's best and most effective Boot Camp. **Shape UP Fresno Boot Camp** routines burn more than 8 calories per minute - that is 30% more than steady walking alone.

How to get started

Here is your chance Fresno! Be part of the **Shape UP Fresno!** revolution. **M2LF** is on a mission to help each of you reach your personal fitness goals. Our newest class starts up Saturday May 8th, 2010. Register today!

The **Shape UP Fresno Boot Camp!** Class meets every Tuesday and Thursday evening at 7pm, and Saturday Morning at 9am.

Shape UP Fresno Boot Camp is different than anything you may have done before because I incorporate the best time saving exercises while combining muscle sculpting, fat burning cardio, and age defying agility and flexibility drills. Best of all M2LF is affordable, the full 12 week class only costs \$180, that is only \$5 per session. M2LF understands you weight loss goals don't include your wallet!

Central California's BEST Boot Camp is a 12 week program. Each class is an intense and exhilarating hour of cardio, fat burning, circuit training, and total body conditioning! Participants are required to bring a set of 5 lb. dumbbells, a towel, and the will to achieve your fitness goals!

Space is limited and registration is required. Call today!

Raffy Haddadin C.P.T

"To get results that you have never had before, you have to do things you have never tried."

