

My New Year's Resolutions

1. **Lose Jiggly Fat**
2. **See Muscle Lines**
3. **Learn to Eat Smart**
4. **Get Energized**
5. **Have more FUN!**



JOIN BOOT CAMP HOOAH!

"These classes
are the best
I've been to!"
-Linda

"I absolutely
LOVE this
workout!"
-Lorie

New schedule starting Jan. 9th

Mondays 6pm-7pm (Core Crusher)

Tuesdays 6pm-7pm (Fully Body Blast)

Saturdays 8:30am-9:30am (Full Body Blast)

Classes held at the Ambler Athletic Club

Located on Butler Pike next to the movie theatre

First session is free. \$10 per session (includes unlimited phone/email support, motivation tips & nutrition tips)

"Each week I feel
stronger and more
fit than the week
before." -Robin

*Classes led by Amanda Alden,

ACE certified personal trainer. 267-217-2212 ignitedfitness@aol.com

www.ignitedfitness.com