

Austin Simply Fit's

10-Week SUMMER SHOWDOWN



MAY 12 – JULY 20

- ★ Weekly one-on-one sessions
- ★ Unlimited small group sessions
- ★ Fun challenges throughout
- ★ Prizes from **Wheatsville® Food Co-op**
- ★ Finisher's t-shirt & brunch
- ★ Nutritional seminars lead by **I Live Well™ Nutrition Therapy**

Kick start your fitness program with Austin Simply Fit's 10-Week Summer Showdown guaranteed to leave you feeling stronger, leaner and more confident.

Escape the summer heat and train indoors with some of the best trainers in Central Texas.

Plus, meet new friends and other challenge participants during your small group classes. Sign up today!



NORTH: 5134 Burnet Rd
SOUTH: 1621 S. Lamar Blvd

Call **(512) 923-2348** or visit
austinsimplyfit.com to register today!

Special Thanks To:

