
Once you follow our simple inside step-by-step fitness blueprint you can forget your worries about not losing weight beating down your door.

"I couldn't believe what I experienced. It was fantastic.
This was just what I needed to get the summer started.
I am much more aware of what I am eating, and I learned

no matter what I always have some time to work out whether it's 6 minutes or 26 minutes. I learned more in 4 weeks than I did in 6 years of going to the gym and working with a trainer.

Michelle Scott

Here's what you need to know:

Where- Tuesday and Thursday (art museum back side near the garden starting Tuesday April 7, 2105)
Time 6:29 am - 7:14 am

Email:

Phone:

Here's how to register

Just email and leave

Your name

Your email

And your phone number:

Camp Time: 6:29-7:14 AM

Camp Investment: \$79.99 for 24 sessions (12 weeks) (Best Value)

Camp Investment: \$69.99 for 16 sessions (8 weeks)

Camp Investment: \$49.99 for 12 sessions (6 weeks)

Trial Camp investment limited time off \$19.99 8 sessions (4 weeks)

Or Call now,

Website <http://www.philapersonaltrainer.com>

<http://www.phillyfastfitbody.efitnesstracker.com> <== Take our FREE online fitness analysis

<https://www.facebook.com/PhillyBootcamp> like us on facebook

<http://www.twitter.com/fastfitbody> follow us on twitter for health tips

<http://www.philapersonaltrainer.com>

<http://phillyfastfitbody.getprograde.com> <==Get healthier with our all natural