

PERSONAL TRAINER WITH FREE GYM (GREATNECK)

Wednesday

Food Group Example Breakfast 260 Calories, 20 g protein Protein fitmixer* skinny* shake (REQUIRED) Snack 140 Calories, 3 g protein Fruit 1 Small apple Starch 2 Graham Crackers 470 Calories, 31 g protein Protein 3 oz. Deli meat Vegetable 1 Handful romaine lettuce 1/2 Cup sliced tomato Starch 2 Slices whole wheat bread Fat 1 tsp. Mayo Free Mustard (on sandwich) Fruit 1 Small banana 80 Calories, 15 g protein Protein fitmixer* sculpt* shake (REQUIRED) 570 Calories, 47 g protein Protein 5 oz Beef Starch % Baked potato Vegetable 1/2 Cup cooked carrots 1/2 Cup cooked asparagus Dairy 8 oz. Non-fat milk Starch 5 Whole wheat crackers

Location **New York** https://www.genclassifieds.com/x-696312-z

free gym with purchase

Training! From Flap To Fit In 12 Weeks. I offer personal training at home or at gyms which will be free with your purchase of my service. I work at planet fitness in great neck (38 Great Neck Rd, Great Neck, NY 11021) so i can take you to any Planet fitness in the tri- state area!!!!!!. I also work at Vivohealth Fitness (3 Delaware Dr, New Hyde Park, NY 11042) which I will be also able to take you to. All my clients lose at least 90% of there goal weight, and have a blast doing it. This is a great opportunity to get your kids started in a very user friendly gym. You wont find a more cost affordable trainer with free gym use any where!!!! ACT!!!!

