



BE FIT...

LOSE WEIGHT...



EAT RIGHT...

GAIN MUSCLE...

Have you ever wondered what it takes to have the body you have always wanted, or just to be naturally healthy? Come to the teen center and listen to Christopher Martin a certified fitness trainer who will answer your questions and lead you in the direction toward a new and healthier you!

**For more information call 263-4500
May 19, 2008 15:00-16:30**