



POWER PLAY *Fitness*
Training Studio

CRUNCH TIME

FITNESS TRAINING
with Jenny Williams

CRUNCH TIME at LUNCH TIME
Group training that fits your schedule,
fits your budget, and gives you
the motivation you need to stay
fit, healthy, and happy.

No more excuses:
Lack of time? We are close to your office.
Lack of motivation? Training with an energetic group.
Lack of finances? Group training means lower cost.

IMPROVE FITNESS LEVEL	LOSE WEIGHT
INCREASE ENERGY	BUILD MUSCLE
INCREASE CONFIDENCE	REACH YOUR GOALS

To register, or for more information, contact Jenny Williams at 214-629-0456



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5 Days a Week Monday thru Friday 11:30 to 12:15

2 days focus on **circuit style total body resistance training** and 2 days focus on **cardio training** to include **kickboxing, Spin, treadmill, and plyometrics.** **Nutritional guidelines** for a dietary lifestyle change will be discussed weekly to include **education, application, determination, and reason!**

5 days a week for 4 weeks only \$220*

That's 20 training sessions for only \$11 per session!

3 Days a Week only \$180*

Drop-ins welcome for \$20* a session

CRUNCH TIME at LUNCH TIME is a program designed especially for business people that can't seem to find the time or motivation to stay fit. We understand how hectic and difficult your lives have become, but in order to overcome these challenges, you need to stay healthy. A strong body and mind will help you achieve more and be happier.

- Eliminates excuses**
- Supplies convenience**
- Builds confidence**
- Reduces body fat**
- Increases lean muscle**
- Increases productivity**
- Increases concentration**
- Teaches proper nutrition**

We also offer a special lunch menu designed specifically for this program by **The Kitchen.** You can pre-order the lunches you want to purchase from this weekly menu. They will be prepared fresh daily and delivered to Power Play Fitness to be ready at the end of your session. *Meal costs are not included in the segment fee.

Want to set up an office challenge? Friends and coworkers can motivate each other to take control of their fitness while having a blast sharing such a great experience. Call me and let's discuss a Team Challenge program for your business.

To register, or for more information, contact Jenny Williams at 214-629-0456
www.PowerPlayFitness.com One block east of Preston on Campbell · 6090 Campbell Road · Suite 136