



Hercules FITNESS

FITNESS FOR LIFE
Presents

28 Day Weight Loss Jumpstart

Jumpstart your Weight Loss and Wellness Program at Hercules Fitness. Educate yourself on the roles food and science play in your overall wellness and weight loss goals. Learn how to incorporate healthy eating habits, detoxification practices and nutritional supplementation into your daily life.

You will be supported with our proven group success!

Program Meeting Dates

July 12, 19, 26
& Aug 2nd & 9th
Class times are from
5:30pm- 7:00pm

Early Registration
Fee is \$75.00*
(\$100.00 for a couple)
Space is limited /
This will sell out!

Body Fat Loss

Increased Energy

Improved Mental Focus

Meeting Location: Hercules Fitness
600 Alfred Nobel Drive Hercules, Ca 94547
Ph: 510-724-2900 / www.Herculesfit.com

What people are saying:

"Tremendous increase in energy and focus. Complete loss of cravings & anxiety. Lost 24 lbs, 5% body fat, 2-3 inches in waist! Easy to follow, even on big travel schedule.

Will do it again."

Jim A.

Mail registration form with payment to Hercules Fitness @ 600 Alfred Nobel Dr. Hercules, Ca 94547 You may also email or fax your registration form to 510-724-2927 or Email to: Elizabeth@herculesfit.com

Enroll Today!

Name: _____ Are you a member? Yes _____ No _____

If Yes, what is your Member #? _____ Form of payment: _____

Address: _____ Visa _____ MC _____ Chk# _____

Email: _____ CC#: _____ - _____ - _____ - _____ Exp: _____

Phone: _____ Amt Paid: \$ _____

Authorized Signature: _____ Date: _____

We will send you a confirmation email of registration within 24 hours of receiving payment. Please bring confirmation with you to the first class.