



**A Specialize Program which includes:**

**2 days Training Class, 2 days Dance Cardio Class,  
Daily Reminders & Emails to help with eating habits.**

**A TOTAL Body Transformation  
Classes provided by your Brother in Christ**



***Let's Form Classes Now!!!  
\*Procrastinators' Need Not Apply***

***Call me NOW:  
Patrick Parker @ 443-824-4408***