



Robert and Vicki Leasure, Owners  
*Certified Fitness Experts*  
*ISSA & SMART, NPC and Idea Members*

[www.spartan-training.com](http://www.spartan-training.com)



**985 W. Chandler Heights Rd. #12**  
*(S.E. corner at Alma School Rd. at The Summit)*

**480-802-2222**

## ***HOW MUCH WEIGHT HAVE YOU GAINED THIS YEAR?***

**Are you even thinking about losing weight?**

**Are you one of the 75% who lost weight but gained it back in 3 years or less?**

**Do you know why you keep gaining weight back?**

If you are overweight, chances are you have a metabolic disorder. The liver is fatty, unhealthy and overworked, causing the thyroid to decrease metabolism. It's so hard to lose weight when this happens.

**Present this ad today for a No Pressure,  
Free Fitness Assessment, Nutrition & Cardio Plan  
WITH an Introductory Session to Spartan Training®**

**(\$150.00 VALUE!)**

***Find out what Spartan Training can do to help you!***

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Open M-F 5am-7pm, Sat 6am-Noon