



ARE YOU SKINNY FAT?

STRONG is the new **SEXY!**

*It's not the wrinkles on your face
that make you look old.*

*It's the loose, flabby,
cellulite and no muscle tone
on your upper arms!*

**Improve Health • Anti-aging • Lose Weight
Sculpt Muscles • Build Strength • Reduce Stress
Endless Body Fitness For Life**

Get FIT **Get YogaFit**

**Certified Yoga
Instructor with
15 years experience
helping VIPs,
Celebrities, Athletes
& people like YOU!**

**YogaFit Owner
Beth Shaw**

**Classes Daily
YogaFitStudio.com**

Special 2014 Membership Prices NOW

**1540 Robertson Blvd., Los Angeles, CA 90035
310-205-0430**

**Kids • Adults • Seniors • Training • Intensives
Beginners • Warrior Programs • Trade Shows
Health & Beauty Seminars • Fitness Conferences**

