

New Year/ New You

We all know that we make resolutions to lose weight, blah blah blah, just to join a gym, go a couple weeks and not go back until next year when we turn around and make the same resolutions, renew our gym membership etc, etc. Its a broken, vicious, well meaning cycle. I am guilty of it also.

I am offering a 6 week course of Fitness Classes for those wanting to lose 20 plus lbs. Realistically you are not going to lose 20 lbs in 6 weeks, unless you dont eat. That is **not** the way to lose weight. We all know it ,we just want instant gratification. But it will be a start for you to get motivated, and be with those that also need to lose that much weight instead of going to the gym, where you feel intimidated and self conscious about being overweight, this class will be geared to that. Don't get me wrong it wont be easy, but it will be motivating and encouraging.

The hour long class will be geared to not just cardio, and weight bearing exercises but to a support system within the group. I am starting this class just as much for me as for you. I will be struggling along side you. We will all set our goals and hold each other to it, in a loving environment.

It is payable upfront and you can come to any class at either studio, you can come 1 to 6x a week between the two locations. It will help you get into the habit and maybe even want to continue after. You owe this to yourself to get healthier, I owe it to myself to get healthier. I have let myself go in the last couple of years by always putting myself last but we are all going to change that in 2020.

Who is with me Ladies? Who is willing to just try it for 6 weeks? 6 weeks could literally change your life. And lets face it, 6 Weeks is nothing in the scheme of 52 weeks. If you came to all classes that would be 36 hours out of 8,736 hours in a year. I think you are more than worth it, Do you?

The class times are listed below: Starting Jan 13.th- Feb 29th

Clemmons- Monday, Wednesday, Friday – 9:30-10:30 am

Reynolda – Tuesday 9:30-10:30 am. Wednesday 6:15-7:15pm,

Saturday 8:45-9:45am

Price: \$125.00 yes, its more expensive that a gym membership, but I promise you will get a lot more out of it.

Call me to get registered in the classes. 336-831-3054 We Got this! Call Now,