

4 Minutes Fitness Center presents...

Results!

Weight Loss



Dr Andrea Mills
Program Administrator

- Demonstrated Results with the “6 Week Body Makeover”
- Lose up to to 20 pounds in 6 weeks*
- Learn to eat right for your body type - take the *Body Type* quiz
- Individual Supervision & Group Seminars

Pre-Register now and be entered to win.....
a FREE program enrollment & program guide book

A \$350 Value

NAME(S) _____

ADDRESS _____ PHONE _____

PLATINUM Plan - \$350 Enrollment - Includes all workouts at 4 Minute Fitness Center _____

GOLD Plan - \$275 Enrollment - Includes supervised weight loss only _____

FAMILY Plan - \$260 per Person Enrollment - Includes supervised weight loss only _____

10% corporate discount available, ask for details