

D.V.A. Circular No. 2013 – 23

October 25, 2013

BODY TRANSFORMATION CHALLENGE

ARE YOU TIRED OF EXERCISING AND NOT SEEING RESULTS?

JOIN OUR WORKSHOPS TO HELP YOU...

**LOSE WEIGHT
REDUCE BODY FAT
IMPROVE MUSCLE**

NUTRITION + EXERCISE = RESULTS

4 Week Challenge to a stronger, fitter, leaner YOU

DVA Hall, Dasmariñas Village

- 12 X GROUP FITNESS & NUTRITION SESSIONS
- PERSONALIZED BODY ANALYSIS & NUTRITION PROGRAMS
- 3 X SESSIONS PER WEEK: Mondays, Wednesdays, Fridays
- RECOVERY DRINKS ONSITE
- FULL 4 WEEK WORKSHOP COSTS ONLY PH1000.
RETURNING MEMBERS PH500 FOR 12 X SESSIONS
- STARTING WEDNESDAY 30TH OCTOBER. EMAIL / TEXT TO
CONFIRM YOUR PLACE AND FIND OUT MORE
- SUITABLE FOR ALL LEVELS

Contact: Brenda / Dawn
Mobile: 09175418655 / 09175983800
Email: healthyactivelifestyle10@gmail.com


LEVEL 10
Body transformation challenge