

MAX²

Fitness & Weight Loss, LLC

IN OUR EFFECTIVE FITNESS & WEIGHT LOSS CAMP WE OFFER:

- *Full body strength training*
- *Cardiovascular workout*
- *Cardio Tennis, taught by our USPTA Certified Tennis Professionals*
- *Nutrition Counseling*
- *Group Support*
- *Weight loss*



TYPICAL RESULTS FOR DEDICATED CAMPERS INCLUDE:

- *8-20 lbs of weight loss*
- *5-9% decrease in body fat*
 - *30% improvement in cardiovascular endurance*
 - *20% increase in strength*
- *Better performance at work or school*
- *Positive energy flow & Reduced stress*
- *Elevated confidence & Personal satisfaction*

***Your Personal Key
To Unlock Your
Personal Potential!***

info@max2fitnessandweightloss.com

305.343.9887