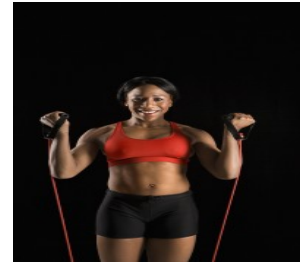




## Time to Step Up!



### Personal Fitness Investment Programs

Freedom By Fitness Boot Camp 3 days/week for 30 days = \$180  
5 days/week for 30 days = \$275

Avg. \$14/session (most personal trainers charge between \$50-120/hr)  
All sessions 1 hour

Refer 3 people who enroll for a 30 day program and receive a complimentary 30 day program (to be arranged by instructor)

\*Private churches and groups available  
Refer 8 or more with facility and receive a complimentary 30 day program

\*Special pricing for church fitness program

All Beachbody members and coaches – membership discount

\*Active Beachbody members for 3 days/week for 30 day boot camp = \$100  
5 days/week for 30 day boot camp = \$150  
Savings of over \$45

Self-defense and fitness program 2 days/week for 30 days = \$195  
2 days/week for 60 days = \$250

Youth Boot Camp 3 days/week for 30 days = \$150  
3 days/week for 60 days = \$225

**Fahim Leon Muhammad, “The Freedom Coach”**  
**[www.freedombyfitness.com](http://www.freedombyfitness.com)**  
**708-704-7309, 708-395-1755**

\*Active Beachbody member is a member who maintains monthly website (\$14.95), monthly 50 PV purchase requirements (\$50 slimming pak diet and nutrition min. order), good standing with Beachbody, and quarterly on-line gym mentor membership (\$38.87/quarter).

\*Prices are subject to change without notice