



Actual Client

Actual Client

BROUGHT TO YOU BY COACH TRUET

“DROP A SIZE CHALLENGE” IN 30 DAYS!

GUARANTEED TO LOSE 1 DRESS SIZE OR 1 PANTS SIZE IN 1 MONTH

January 22nd - February 19th

Only \$79.00 for Members (non-members \$109*)

Truet's Amazing Program Includes:

- Easy to follow meal plan template with food exchange lists
- Individual calorie, macro-nutrient, water intake calculations
- Structured strength training programs
- Structured aerobic/anaerobic training programs
- Twelve (12) body weight home workouts
- Weekly body composition measurements

Information: Truet E. Purnell, tepurnell@gmail.com

*Includes one month membership to our gym during the Challenge

COACH TRUET



COPPERMINE
RACQUET & FITNESS

JOIN TODAY!

410-823-2500

WWW.COPPERMINEFITNESS.COM