

South Texas

A Monthly Publication With A
"Positive Outlook!"
September Vol. 10, Iss. 12- FREE

Women's World

**MAKE TIME FOR EXERCISE
OR MAKE TIME FOR DISEASE**

Decrease Bodyfat

*Student Discounts
With ID*

**Increase Muscle
Tone & Shape**

**Office/Worksite
Training**

Weight Training

*In-home
Training*

**Slow Down Aging
Process**

**Group/Couples
Training**

*Learn Proper Body
Mechanics*

*Pre-teens & Teenagers
Group Training*

Learn To Eat Healthy

**Pilates Apparatus
Training**

Increase Metabolism

*"Skies The Limit"
Health & Fitness Studio*

