



BODY PERFECT



Dear girls,

I am very pleased to inform you about our new class called **Body Perfect!!!**

Body Perfect is a body sculpting class in which we use light weight and a lot of repetitions, in order to achieve the best results. Body sculpting classes are especially designed to shape and tone the body without building muscular size. They are highly recommended to those enrolled in a weight loss program because it helps retain lean muscle tissue while boosting metabolism.

Research has shown various benefits of body sculpting including:

- the ability to focus on very specific parts of the body
- the boosting of metabolism
- toning and firming
- burning calories
- losing fat
- strengthening the muscles and the core, thus reducing the probability of developing osteoporosis
- anyone can join - any age and fitness level
- the improvement of our image, our body and our health!!!!

In order to achieve the best results, we are going to use:

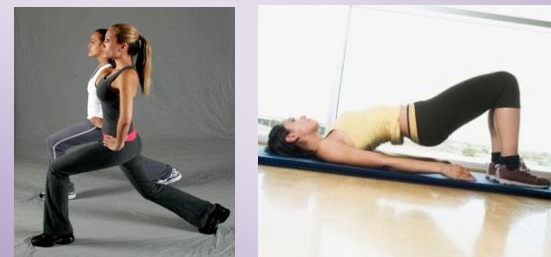
Dumbbells



Ankle weights



Our own body weight



We are going to be focusing on specific parts such as:

- shoulders
- biceps
- triceps
- chest
- outer thighs
- inner thighs
- abs

BODY PERFECT CLASS EVERY THURSDAY ON 18:30

DON'T MISS IT!!! Love, Koula