

Do you want to gain control over the...



We have a plan and if you succeed
it's completely *Free!*

October 19 – November 20

- We will do a body composition analysis and provide individualized counseling for eating right.
- We will include you in supportive exercise classes to ensure you find your favorites.
- AI will provide a nutrition seminar every Weds 6 PM
- We will provide strategies for eating properly through the holidays.



See a staff member to unwrap this great deal!

Success Story

Chris started her journey with AI's seminar and then continued with T-Fit Personal Training.

Lost 84 lbs!

