



Spiritual Empowerment Fitness Boot Camp

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When: January 10, 2011

Where: YMCA 40 West Long Street, Columbus, Ohio

Time: 7:30pm– 8:35pm Mon-Wed-Fri

Cost: Save!! ~~\$199~~ \$120 per month!

**New Years Resolution Special - \$75!
For the first month!**



This is the season for wellness! There is a connection between scripture and exercise. God wants us to be healthy! So Saints come on and get your body lined up with the Word!

Program includes:

- Welcome packet!
- Instruction by Certified Fitness & Boot Camp Instructor, Sidney West
- Done-for-you meal plans (even a meal plan designed for men)
- *Spiritual Empowerment Fitness - the workout*; 4-disc DVD set
- *Spiritual Empowerment Fitness; Empowering You, Empowering Your Church* ebook
- Daily access to instructor via email/phone
- Bi-weekly 15 minute coaching calls
- Spiritual Empowerment Fitness Boot Camp T-shirt
- Free subscription to Body By Sid online magazine and newsletter
- Monthly, one hour, grocery store tour
- Body Fat composition analysis; measurements to gage your success
- Progress log
- Weekly Prize giveaways
- Fun and rewarding time!
- More!



All for just \$120 a month! This breaks down to \$10 per session, \$30 a week. Automatic, recurring monthly billing. Discount applies to first month only. Credit cards accepted. Information and registration go to:

www.bodybysid.com or **614-286-9726**

Quit guessing and trying to figure out what to do for your own workout – Sidney's done it for you! Sign up for the 6 or 12 month session. \$25 deposit holds your spot! No Refunds. Restrictions apply.

Note: Doctors permission slip required if you have not participated in the Spiritual Empowerment Fitness Boot Camp or any Body By Sid programs within the last six months. \$25 deposit applied to balance of first month. Not affiliated with YMCA