

MAX10 Body Shaping & Weight Loss Program  
"Knockout Workouts for a Knockout Body"



## Looking for a body shaping and weight loss program? Join MAX10 at the Rockwell Collins Rec Center!

MAX10® is the BEST 10 week Cedar Rapids body shaping and weight loss program. Our cutting edge program is so effective other programs can't compare! Classes fill fast, so grab a friend and come join in the action today! Life changing results await you! Visit [www.MAX10Fit.com](http://www.MAX10Fit.com) for more information.

One hour classes are held at 5:30am, 6:30am, 4:30pm and 6:30pm Mon-Fri. Do you have a busy schedule? No problem MAX10 Express 45 minute classes are held at 11:30am Mon-Fri and Saturday 10:15am.

- [Kickboxing](#)
- [Resistance Training](#)
- [Nutrition](#)
- [Personal Coaching](#)
- [Shopping Education](#)
- [Body Comp Testing](#)
- [Motivational Teams](#)
- [Cooking Lessons](#)
- [Dumbbell Training](#)

**New Reduced Pricing for Returning Members!**

**Get Free Boxing Gloves when You join now!**

**Members Joining From other Body Shaping Programs Eligible for Special Pricing!**



[www.MAX10Fit.com](http://www.MAX10Fit.com)

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E-mail: [info@MAX10Fit.com](mailto:info@MAX10Fit.com)

**\$289<sup>+tax</sup> for 10 weeks then continue for as low as \$2 a class! Compare to other programs that charge \$369<sup>+tax</sup> for less value!**