



FOR POLK COUNTY SCHOOL BOARD  
EMPLOYEES ONLY!!!!

SIGN UP NOW AND YOUR FIRST MONTH  
WILL ONLY BE \$1.00

ALL OTHER MONTHS FOLLOWING WILL BE A  
SPECIAL REDUCED RATE OF \$25.00.

CHECK OUT OUR ONLINE MAGAZINE AT:  
<http://tbcfitnessandnutrition.fitpromag.com>

It offers you a wide variety of health, exercise hints, nutrition  
information, diet plans, recipes and much, much more!

ALSO OFFERING PERSONAL TRAINING, PILATES, YOGA, AND CHAOS BOOT CAMPS  
Please call for an evaluation and appointment with one of our certified trainers if interested in  
Personal Training or if interested in Group Fitness programs for Yoga and Spin classes.

***We are here to help  
you get Fit & Healthy!!  
NOW IS THE TIME!!***

We are located at: 5705 S. Florida Ave, Lakeland  
(Across from Lakeland Ale House.)

GYM: 863-398-3527 \*LIZ: 863-937-8996  
Email: [Liz@tbcpersonaltraining.com](mailto:Liz@tbcpersonaltraining.com)

Visit us online at [www.tbcpersonaltraining.com](http://www.tbcpersonaltraining.com) and  
[www.chaosbootcamps.com](http://www.chaosbootcamps.com)