



During March and April, Max Fitness LLC is offering semi-private golf fitness sessions at a deep discount. Half hour (30 minute) sessions with friends and family members will only cost \$15 per person. Prepare now for a great year in 2010. Contact Bentz at 717-512-8643 or email him at info@maxfitnessofpa.com.

- * Personal Fitness Training (half-hour or one hour appointments)
- * Fitness/Nutrition Consultations
- * Body Fat Testing
- * Nutrition Plans from www.nofadnutrition.com
- * Customized Fitness DVDs from www.dvdfitnesscoach.com