

AlamoShape



Personal Training & Weight Loss Center
700 E. 1st Street in the Granada Shopping Center

Women's Fitness Classes

Lose Body Fat ~ Tone Up ~ Feel Great!
NO CONTRACTS ~ OVER 120 UNLIMITED CLASSES PER MONTH ~ ONLY \$32/MONTH

Please use this guest pass for ONE FREE CLASS to local residents who have not tried our club in 2009*
If you checked us out in the past, come see us again one more time! This pass is good for one week from download, so hurry down!
We've remodeled the entire 15,000 square foot facility with 3 studios and a fantastic training room.
In addition to our Women's Fitness Classes we now host the following exciting programs:

AlamoSwing

Ballroom Dance Lessons

Run Like a Girl

Walk/Run Club

FitGuy

Training for Men

AlamoCafe

Cooking & Nutrition Tips

SoftShape

for Beginners

SuperShape

Advanced Personal Training

Shuvani Studio

Belly Dance Lessons

We've grown because our members feel they are part of something here.

We get results and we do it without gimmicks, contracts, or salespeople.

Find out how easy fitness can be!

Name _____ E-mail address _____ How did you hear about us? _____

Please go to our sign-up page, download/complete a Health History/Waiver form and bring it with your guest pass to your first class.

*If you are an out-of-town visitor our classes are only \$5 each!



www.alamoshape.com