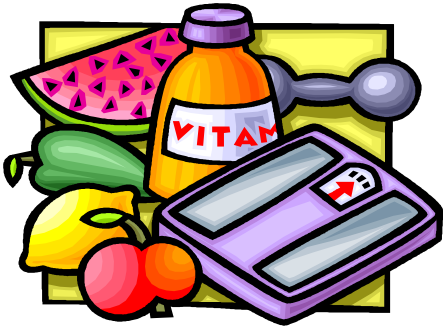


*Fall 2010 Transitions Lifestyle System Class
at Razor Sharp Fitness
Begins Wednesday September 22nd
Class meets weekly from
6:00pm-7:00pm
(no class November 24th)*



***Transitions Lifestyle™
Weight
Management System***
- A 12 Week Weight Loss Program -

By: Melody Kloska, Certified Transitions Lifestyle Coach

Transitions Lifestyle System is a 12 week program that takes a whole person approach to weight management. The program is designed to help you take a closer look at how your health is affected by eating habits, activity level, stress level and self-esteem. The system encompasses a low glycemic index meal plan, exercise, positive affirmation, tailored supplementation and journaling. Transitions is not a diet, but a way of life!

To learn more, attend one of these **FREE** informational seminars at Razor Sharp Fitness, 7300 Washington Avenue, Racine

**Wednesday September 8th from 6-7 pm
Wednesday September 15th from 6-7 pm**

*Registration for FREE overviews NOT required
Registration & Fee for the classes will be accepted at the overviews*

**Email: lswanson@razorsharpfit.com or call 262-321-0200
for pricing and registration information**