

**The Forum Private
Fitness Club**



Gift Certificate

Workout Pass Good For One Visit

Call for appointment

8737 La Tijera Blvd.
Westchester, CA 90045

310.337.1810

***A Body Is A Terrible
Thing To Waste!***

\$55.00 VALUE

*Come join the
"ROCK"
and see for yourself.*

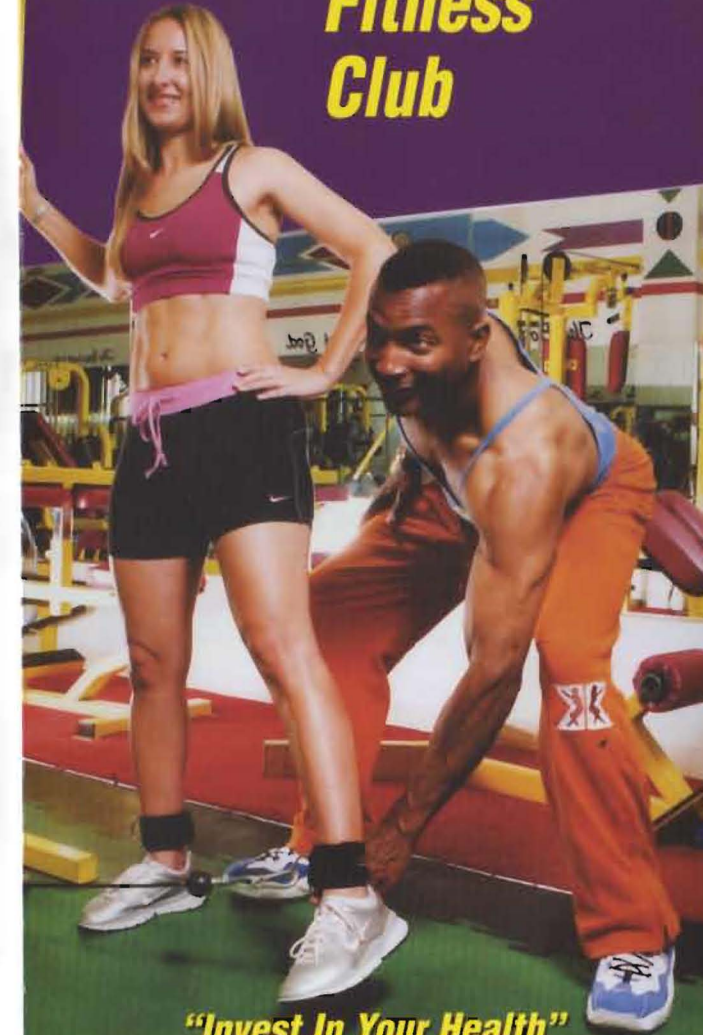
*"I promise you will NOT
be disappointed!"*

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**The Forum
Private
Fitness
Club**



***"Invest In Your Health"
Treat Yourself to 1 on 1 Personalized
Training Sessions With the Best!***

By Appointment Only

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The Forum Private Fitness Club

offers unique customized workout programs for men, women, and children. These programs are personalized for both first timers and active individuals who want to lose weight, get toned and feel healthy. Training sessions are designed to each individual's goals through scientifically proven methods for toning and firming.

If you've wanted to develop a commitment to your health but have been hesitant about going to a gym surrounded by other people, **The Forum Private Fitness Club** offers the privacy of our facility, one-on-one guidance, diet and body composition analysis, and individualized exercise programs, without noisy distractions, onlookers or waiting for equipment.

There are no gym membership fees or contracts to fulfill, and we offer special session prices and a free orientation for your journey toward fitness. Get celebrity treatment without celebrity prices.

*If you want to add years to your life
and life to your years, call*

KAMAL "ROCK" MUHSIN, S.H.M.
*Therapeutic Fitness Consultant
With 32 Years of Experience*

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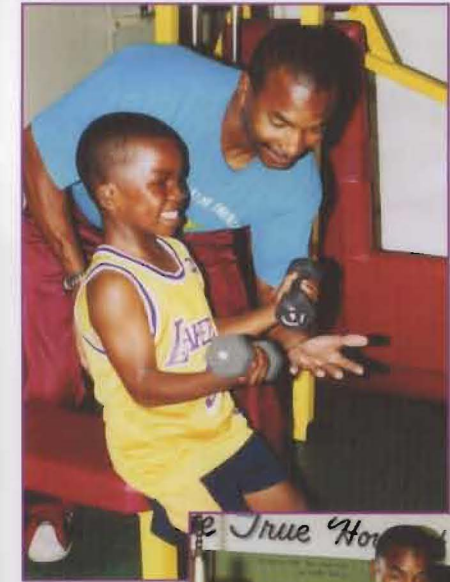


Group sessions are also available for those who wish to get in shape with family or friends. This will create a healthy competition towards self improvement.



A personal trainer will help you set goals, monitor your progress and help you stay motivated. We do this by targeting your upper and lower body, and strengthening your core. Get ready to feel good about yourself!

Fitness Is A Journey Not A Destination!



Because the obesity rate among children is at an all time high, exercise and weight training can also benefit children. They will learn self discipline as well as feel good about their bodies and experience the benefit of one-on-one training away from video games and other stagnant technology. So why not start them off on the right track by setting an example for a new beginning for a better tomorrow.