



3000 CALORIES DOUBLE FEATURE



**Mr. O Canada
Mark
Donnelly
Strong &
Free Camp**

Mark Donnelly, Mr. O Canada, will lead you in the workouts that helped him lose half his body weight, and that he continues to use today to stay **Strong & Free!**



**NBC's The Biggest Loser
Jordan
Alicandro
Beat Yesterday
Camp**

Jordan Alicandro, NBC's Biggest Loser 'At Home Winner,' knows what it takes to lose the weight and will help you reach your goals in his **Beat Yesterday Camp!**

Just \$199
per month (8 sessions)

- ↳ Starts January 5th, 2016
- ↳ Tuesdays & Fridays, 6:45–7:45 am
- ↳ Limited space

A unique opportunity to work with two individuals who have transformed their bodies and lives. Jordan & Mark have combined to lose over 300 lbs.

Life Ready Centre, Cloverdale
#104 - 18485 53rd Ave., Surrey
To Register, call
604-339-4435 or 604-780-3924