



Team Fitness

20108 Hwy 88

Pine Grove Next to Post Office

CALL 296-BFit (2348)



WELLNESS SERIES

**Monday Evenings
in June 6 - 7pm**

\$8 each or \$20 for All 4

Free to Team Fitness Members

TEACHER: Certified Personal Fitness Trainer and Hypnotherapist **Cherie Maitland**, has been teaching people how to make healthy habit changes like quitting smoking, changing eating habits, losing weight and reducing stress since 1992.



Call Cherie at **296-2348** and discuss how this series can help you reach your healthy lifestyles goal.

June 3 - "Up Until Now"

Using the Power of Your Mind to Change a Habit

- ~ 29 Ways to Ingrain a New Habit
- ~ How A.C.T. Can Help You Succeed
- ~ Get Strategies to Deal with Difficulties
- ~ 13 Things Not to Do

June 10 - Taming Your Anger & Stress

Based In Part on Dr. Charles Sophy on Dr. Oz

- ~ Take the Anger Quiz
- ~ Prevent Reaching Your Boiling Point
- ~ Physical Toll Of Excess Anger

June 17 - Enjoying Exercise 8 Minutes at a Time

- ~ Quick Ways to Raise Your Metabolism
- ~ Short & Simple Routines to Do Anytime
- ~ Using Numbers to Help You Lose Weight

June 24 - Food As Your Friend

Just Say "No" to Diets & Still Lose Weight

- ~ Tired of Restrictive Diets?
- ~ Stop Sabotaging Your Weight-Loss Goal
- ~ Get Strategies to Deal with Stress-Eating

**THE FRIENDLY ISTRUCTORS
at Team Fitness**

Laura, Cherie and Lynda

Will help you get a good workout !

FREE: 1st WEEK of Classes & Open Gym Workouts

www.TeamFitnessAmador.com

