

Spring Into Health

Zer
DARK THIRTY



215-855-6154

DR. DRILL INSTRUCTOR

Change Before You Have To

PLATOONS FORMING NOW

Saturday Family Training!

Starts March 27th, 8-9am at the Lansdale Center for Performing Arts



Lifestyle Change Boot Camp

March 15th - May 7th

M / W / F - 5:30am - 6:30am

T / TH 6:00pm - 7:30pm

- Lansdale YMCA
- Indian Valley YMCA
- Gwynedd-Mercy College

Please Call **215-855-6154** and reserve your place in formation

www.drdrillinstructor.com

"I recommend this program to at least 5 people a day, it is life changing!"