

# TBW



## TOTAL BODY WORKOUT



### **LIZZIE'S TOTAL BODY WORKOUT**

**“KEEN TO GET LEAN!! FIT!! AND HAVE FUN!!”**

**NEW TO FITNESS OR FITNESS FANATICS  
ALL FITNESS LEVELS WELCOME!**



**Contact Lizzie Buggy for more information on (087) 6112721**

**Total body workout caters for all levels of fitness and covers all components of fitness mixing Cardio, Aerobics, Body conditioning and Strength all in one class for maximum results.**



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