

Maxfit Holiday Fat Buster

Interested in NOT gaining any weight this holiday season???

Just follow these 3 unusual tips:

#1 – You must eat whatever you'd normally eat. In other words NO DIETING!

#2 – You have to MISS any workouts that interfere with family events, holiday shopping or vacations even if it meant missing a straight week of workouts.

#3 – Read my "Ultimate Fat Loss For Dummies" super fat burning report and apply anything that feels right to you and is easy for you to do.

Now, I KNOW WHAT YOUR THINKING... it sounds too good to be true?

Here's how it would work:

- The program is 8 weeks.
- Any workout you attend will burn 800+200afterburn calories.
- Add natural metabolism-revving foods and you'll burn 200 calories more each day
- Workout with us only HALF of the time and you'll STILL burn at least 25,000 calories

25,000 calories = 3kgs of FAT

And, since the average person gains around 1-2kgs over the holidays-- you can see how you can **LOSE weight over the holidays.**

(At the very least you can with confidence expect to not gain a single "holiday pound" like all your friends :)

So here's what you need to know:

The Holiday Fat Buster Program starts Dec 2nd and ends on Jan 31st 2012. We're in Sukhumvit Soi 24 at The Capitol Club 3rd FL.

And the best part is that because **we KNOW you're going to miss workouts, the price has been reduced from 10,000thb to ONLY 5,000thb!**



So you are getting 50% off when you register before November flies away...

To register simply SMS "HFB-name" or call 089-071-4822 and I'll get you all set up and send over your "Ultimate Fat Loss For Dummies" super fat burning report.

Happy Holidays,
Stefan Lamping

*****And oh yeah, if you bring a buddy, you can each split the 5,000thb making it just 2,500thb for unlimited Boot Camps and Yoga each!!**

Maxfit @ The Capitol Club Session Schedule

Monday		Tuesday (Open in December)		Wednesday		Thursday (Open in December)		Friday		Saturday (To Be Announced)	
7:00-8:00am	Bootcamp	7:00-8:00am	Bootcamp	7:00-8:00am	Bootcamp	7:00-8:00am	Bootcamp	7:00-8:00am	Bootcamp		
8:00-9:00am	Bootcamp	8:00-9:00am	Bootcamp	8:00-9:00am	Bootcamp	8:00-9:00am	Bootcamp	8:00-9:00am	Bootcamp		
10:00-11:00am	Bootcamp			10:00-11:00am	Bootcamp			10:00-11:00am	Bootcamp		
6:00-7:00pm	Bootcamp	6:00- 7:00pm	Zumba	6:00-7:00pm	Bootcamp	6:00- 7:00pm	Zumba	6:00-7:00pm	Bootcamp		
7:00-8:00pm	Bootcamp	7:00-8:00pm	Bootcamp	7:00-8:00pm	Bootcamp	7:00-8:00pm	Bootcamp	7:00-8:00pm	Bootcamp		
				8:00-9:00pm	Yoga						