

## Fit 4 Life

### The Total Mind, Body, & Spirit Experience

Interval Step  
Super Sculpt  
Kick Boxing  
Power Hour  
Pilates  
P90 X  
Yoga



Sherry Searing graduated from Missouri Southern State University with a Bachelor of Science in Kinesiology (a.k.a. Exercise Science) majoring in Health Promotion and Wellness with a Minor in Sports Medicine and Business Management. During this time Mrs. Searing worked at different gyms, ran a marathon, earned the "Athletic Trainer of the Year Award" and became an AFAA certified Personal Trainer.

I am so excited about the new Fit 4 Life program! I want to motivate and encourage each and every one of you to achieve your fitness goals and to be the best that you can be. Feel free to ask me for help at any time, I'm always here to serve you.

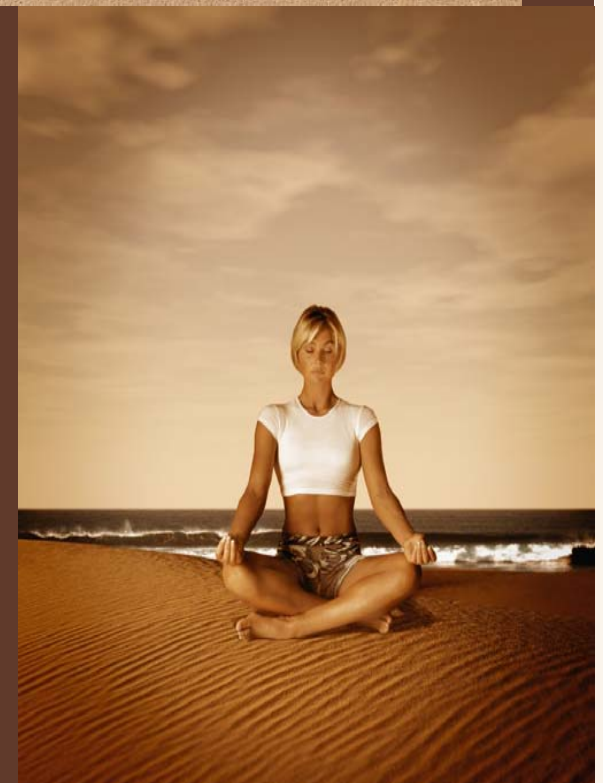
***Call Today For A Free Consultation!***

Adjust 4 Life Wellness Center  
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[www.adjust4life.net](http://www.adjust4life.net)

## Fit 4 Life

PHYSICAL  
OBJECTIVES

HEALTHY  
SOLUTIONS



# Recommendations

Trainer:

Name

Address

Phone

Email

# Recommendations

Trainer:

## PLATINUM MEMBER

- Unlimited Fit 4 Life
- Unlimited Snap Fitness
- Unlimited Planet Beach
- Unlimited A4L Therapies
- Unlimited A4L Workshops
- Unlimited Biz Friendly Card

**\$399\***

A4L Members Only

## GOLD MEMBER

- Unlimited Fit 4 Life
- Unlimited Snap Fitness
- Unlimited Planet Beach
- Unlimited Biz Friendly Card

**\$349\***

## SILVER MEMBER

- Unlimited Fit 4 Life
- Unlimited Biz Friendly Card

**\$199\***