



No Excuses
Weight Loss
SOLUTION
Program

Players
Health & Racquet Club

NEW PROGRAM!
Starts SOON!

Help with weight loss through nutritional guidance, fitness training, exercise education and hands on cooking demonstrations.



Cost is \$199 for a 6 week program.

- Included:**
- Membership
 - 3 Group Training sessions a week
 - 1 private session a week
 - informational booklet
 - 2 cooking demonstrations by Chef Michael of Michael Anthony's.

843-785-3024

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