

# FITNESS TRAINING w/BESSIE

**MONDAYS / WEDNESDAY / FRIDAYS**

**12:30 pm (45 min)**

Varied resistance training program in **small group training environment**. Define and shape muscles using strategic training methods assured of results with focus on muscular strength, muscular endurance & core conditioning.

Full body workout and varied every time. **No cardio.**  
For all levels. **Please bring mat or borrow. 45 minutes**

*Do you work in the area?  
Use your lunchtime productively.  
You'll feel 'oh so good' that you did!*

*De-stress mid-day and you'll be  
more productive all afternoon!*

Perfect lunch-time program—  
stay as long as able.  
45 minute class

*Never been to  
Carve Your Body before?  
If so, your 1st class is FREE!  
Come out at lunch-time  
and 'carve your body!'*

Carve Your Body  
Emerson Shopping Plaza  
489 Old Hook Road; Lower Level  
Emerson, NJ 07630  
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**DROP THE WEIGHT  
SLICE THE FAT  
TONE THE BODY  
SHAKE THE STRESS**

**Carve Your Body**  
*How Bad Do You Want It?*



**Bessie Neshan**  
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**FITNESS TRAINING • LIFESTYLE COACHING •  
BODY FAT ANALYSIS • NUTRITIONAL SEMINARS  
and much more...**