

# TG FITNESS



## *Body Vi Tony*

*TG Fitness Boot Camp is a program designed to help you improve your overall health and wellness by inspiring you to exercise, eat healthy, and transform your body one rep at a time.*

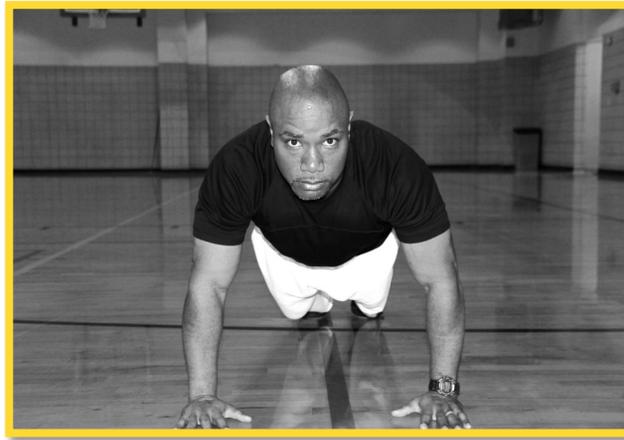
*By incorporating an exercise regime that builds core strength, increases stamina, and reduces body fat, you will be on your way to A NEW YOU?*

*Improve Your Fitness*

*Increase Your Strength*

*Increase Your Endurance*

Jacksonville Community Center  
5 Municipal Drive  
Jacksonville, AR 72076  
501-982-4171



**Trainer: Tony Gordon**  
**Expert Rating Master Trainer**  
**& Weight Loss Specialist**  
**22 Years of Military Experience**  
**Phone: 501-772-0795**  
**E-mail: [tgfitness@gmail.com](mailto:tgfitness@gmail.com)**



**Ask me About**  
**The Challenge!**  
**[Tgfitness.bodybyvi.com](http://Tgfitness.bodybyvi.com)**



An indoor program of fitness instruction, nutritional counseling and motivational training. You will be inspired and have fun while participating in a fantastic workout led by one of the best trainers in the business, retired Master Sergeant Tony Gordon.

Workouts will begin at 5:15am Monday—Friday. Boot Camp classes are FREE if you have a membership at the Jacksonville Community Center. What a bargain as most trainers can charge up to \$100 per hour.

- (1) Hour Workouts
- Nutrition Guidance
- Expert Training Advice
- Daily Motivation
- A Total Body Transformation

**5:15 A.M.**  
**JACKSONVILLE**  
**COMMUNITY CENTER**  
(5 MUNICIPAL DRIVE, JACKSONVILLE)