

Willing Fitness One Wheel at a Time...

Lose Weight,
Get in Shape,
Feel Great!

"Wheel Aerobics" is a low impact exercise fitness system that is very effective in building a firm healthy body. Individual motivation is tough; it is easier to start your own *Wheel Aerobics* class.



You can start a *Wheel Aerobics* class on your own at your church or organization with the creator of the *Wheel Aerobics* system. His professionalism and his teaching style will make it easy to learn and teach the *Wheel Aerobics* system

Letter from creator

Dear Potential Customer,

Help Me!

Help You!

Hi, my name is Terry and I am a certified personal trainer and the creator of the "Wheels Aerobics" system. Fitness and healthy living is my passion and I want to give people the opportunity to really fulfill their weight loss resolutions.

If you are looking to start a wellness program or already have a program in place at your Gym, Business, or Church organization I am here to help. We are offering to help you incorporate the *Wheel Aerobics* system, which is a low impact exercise that is very easy to use and very effective in building a firm and healthy body. Each exercise is fun, exciting and convenient for ANY facility.

We will come to your location and give a **Free Demonstration** and provide the wheels, to any one who wants to participate in the class.

Thank you for your interest and consideration.

Sincerely,
T. Lewis

What we are offering...

We are available to local businesses, non-profit organizations and local churches, whose clients, members or employees want to get in shape and feel great! We will come to your facility and teach a "Wheel Aerobics" class for up to 10 participants for a minimal fee. (We will provide the Abdominal Training Wheels for up to 10 participants)



Wheel Aerobic System	Minimal Fee
Standard Meal Plan	FREE
Certified Personal Trainer Q & A session	FREE
(1) Demonstration/Session	FREE

NOW is the time! This is your chance to get in shape, build up your endurance and participate with a group of your peers so you don't feel alone.

HELP me!

HELP you!

“Wheel Aerobics” is GREAT for building endurance. This fitness system is perfect for both individual and group use! It is amazing to see and use.



We will come to your church, gym, or business and help you start a Wellness Program utilizing the *Wheel Aerobics* exercise system for FREE. (we will provide the wheels up to 10 participants)



When you invite us, a staff of 2 certified trainers, one male and one female, will teach you how to use this system.

What are you waiting for??? This is it! An affordable way to fulfill your dream of losing weight AND you don't have to do it alone.

Abdominal Training Wheels

- One size fits all
- Precision wheels at the base for easy roll-ability, stability and control
- 2 adjustable straps for a tight fit
- Each pair comes with an instructional DVD, illustrated pamphlet, and a warranty.
- Do NOT throw away your hand weights, medicine balls, step exercise size equipment or yoga mats. The ATW's can be used with these items!

Contact

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**Abdominal Training
Wheels, Inc.**

Presents

A Brand NEW Cardio Workout System

**Created for
Wellness Programs in:
Churches,
Corporations,
Gyms, or at
Home**



Wheel Aerobics