

## PERSONAL TRAINING & NUTRITIONAL CONSULTING

NATIONALLY ACCREDITED CERTIFIED PERSONAL TRAINER  
WITH OVER 10 YEARS OF EXPERIENCE  
STATE OF THE ART PRIVATE STUDIO  
CUSTOM DESIGNED WORKOUT PROGRAMS  
FLEXIBLE SCHEDULES TO FIT YOUR BUSY LIFESTYLE  
**FREE** CONSULTATION WITH ABSOLUTELY NO OBLIGATION!

[WWW.MAXFIT.ORG](http://WWW.MAXFIT.ORG)

KRIS MIKFELDT, CPT  
336.558.8653  
KRIS@MAXFIT.ORG  
3800 TINSLEY DR.  
HIGH POINT, NC



**FREE BOOTCAMP**  
(SAVE \$299)

WITH PURCHASE OF  
30 SESSIONS OR MORE

WITH THIS COUPON. NOT VALID WITH OTHER OFFERS. EXP. 01.31.2011

**\$ 100 OFF**  
10 PERSONAL  
TRAINING  
SESSIONS

WITH THIS COUPON. NOT VALID WITH OTHER OFFERS. EXP. 01.31.2011