**Adult Fitness Workouts and Nutrition Plans**

**Looking to Lose Weight and Get Lean –** Coach Stinnett is available for fitness/strength workouts that will help the client lose weight and keep lean muscle. He will combine fitness workouts with a solid easy to do diet plan that will change your life. The workouts and diet plan have been proven time and time again, and Coach Stinnett will take you into some private secretive type workouts that will really help you shed unwanted pounds and firm up. The diet plan will also surprise you in regards to how simple it is and easy to follow if you are dedicated.

Workout locations will vary! Some workouts will be done in the home of Coach Stinnett, others will be done at Urban Active on Dixie Highway.

Cost: $25 per session (Recommended at least 3 sessions per week)

Customized Diet Plan pricing will vary.

Registration:

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age:\_\_\_\_\_\_\_\_\_\_\_\_\_

Goal:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Coach Stinnett at [michproa@aol.com](mailto:michproa@aol.com) to discuss specific dates and goals.