



Thea Klein after the 12-week Vitality Fitness Challenge

## START THE COUNTDOWN

TWELVE WEEKS TO YOUR BEST BODY



(Left) Thea Klein before the Vitality Fitness Challenge

When Thea Klein wanted to kick her workout routine into high gear, she knew just where to go—Vitality Fitness, South Tampa’s premiere fitness facility.

She enrolled in its ongoing Vitality Fitness Challenge, an intense, 12-week-long program designed by the Vitality team to achieve extreme results. Through an incorporated nutrition regimen, exercise and constant motivation, the Vitality Challenge helps each client reach his or her personal fitness goals within three months, guaranteed.

“I needed something to put me over the edge and get me focused,” says Thea, a fitness model and busy professional who owns her own business, Encore Concierge. She loved the fact that certified personal trainer, Chris Brown, set her goals and workouts based on her personal ambitions and fitness level. Thea had been working out for several years before taking the challenge, but her dreams of becoming a fitness model and triathlete encouraged her to push herself to that next level. At the end of the 12 weeks, Thea’s body was not only more defined and toned, but her energy level was way up—it was like a revitalization of the mind and body.

“Anyone who wants to see a dramatic difference in their body should come and try it,” says Thea. Whether you’re a newcomer to the world of fitness, or you’ve been hitting the gym for years, this challenge is for anyone who wants to look and feel their best.

Owner, Ashley Hardwick, and his team of certified personal trainers would like to congratulate the following people for reaching their Vitality Fitness Challenge goal and getting their money back:

**Shane, Bubba, Kim,  
Steve, Jane, Carmen**

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[www.Vitality-Fitness.com](http://www.Vitality-Fitness.com)



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