

**SUMMER IS ALMOST HERE GET INTO SHAPE NOW**

Train 1 to 1 with **WORLD CHAMPIONSHIP BODYBUILDER**

## **LINDA WOOD-HOYTE**

CERTIFIED PERSONAL TRAINER, IFBB PRO, NATIONAL, INTERNATIONAL AND IFBB PRO JUDGE



### **One on One Private Training**

#### **Featuring:**

**Both 1 hour sessions and 30 Minute Express Work Outs in her private training studio. Body composition testing included free**

- **Adults, Teens, Seniors and Athletes**
- **Competition preparation & Posing**
- **Nutritional Counseling**
- **Water Aerobics June – September**
- **Mini Group sessions**
- **Boxing Aerobics**
- **Hours of Operation: Mon-Fri-9am-9pm, Sat 10am-2pm and Sunday's on request**

Visit Linda on the web at – [www.1flexnaturalbodybuilding.com](http://www.1flexnaturalbodybuilding.com). Email- [1flex@optonline.net](mailto:1flex@optonline.net)

**Contact- 631-858-1182**