



# *Calabasas Athletic Center*

## *Weight & Shape M.A.P.™ Success!*



### Highlights of Frank's Success

- Gained 7 Pounds of Muscle
- Body Fat Percentage Down 2.8%
- Increased Irons by 10-15 yards and Drivers by 15 yards

*Testimonial: "I love working out at the Calabasas Athletic Center. The people and staff are extremely friendly, smart and helpful. My trainer is helping me reach my goals. I've started to gain weight, muscle and lose fat. I'm even hitting the golf ball further. I highly recommend working out here."*