

## Calabasas Athletic Center Weight & Shape M.A.P.™ Success!



**Highlights of Maria's Success** 

- Lost 25 pounds
- Has more energy
- Increased endurance while caddying for her son

Testimonial "The Athletic Center provides a complete fitness and wellness class schedule. The classes help with improving endurance and strength. The staff are friendly and very accommodating. They are very helpful and knowledgeable."