

Pace Weight Loss Program

3 times a week

**NEW
6 weeks**

30 min a day

Provides the solution with its non-intimidating, time efficient, 30 minute work out.

It will drastically decrease body fat while increasing muscle strength and tone, increase one's metabolism, something that is lacking in all diet-only programs!!!

- Loose 5 lbs or more with the new Pace Circuit Training.
- Reduce the unwanted inches.
- Body Fat Analysis, body weight, and measurements check every 6 weeks.
- Pace Hydraulic resistance exercise equipment matches speed and force of the user, allowing anyone at any fitness level to achieve Superior Results.
- Pace is safe enough for cardiac Rehab and Physical therapy, yet it can still challenge the elite athlete.



Lady of America
2354 N. Federal Hwy.
(Winn Dixie Shopping Center)
Fort Lauderdale, FL 33305
(954) 564 - 0105

Membership Not Required

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