

READY, FIT, FABULOUS!

The Workout, Makeup & Hair Boot Camp!



12 - WEEK SESSION FROM JAN 14 - APR 3, 2014

with **Makeover & Fitness COACH**
Kirsten Magee, M.S.



Ready, Fit, Fabulous is a total body, make-up, and hair boot-camp designed to not only trim your waist line, but to also add glamour with make-up and a revamped hair style to match your new figure with hairstylists Jamie Keenan and Jamie Lovett!

This program will completely **BOOT** your body, hair, and make-up, into a new you!

Kirsten Magee is the founder of the *Ready, Fit, Fabulous, Make-up, and Hair Boot Camp*. She is a certified fitness coach with over 15 year experience who has coached thousands of women. Now it's your turn ladies, sign-up today!

**MAKE A NEW YOU FOR
THE NEW YEAR!**
REGISTER AT: 706.769.3730
OR www.oconeekarate.com

INCLUDES:

- 24 workout sessions
- personal makeover session
- personal hair consultation

WHERE

Georgia Karate Academy
9 School Street
Watkinsville, GA 30677

WHEN : Jan 14 - Apr 3, 2014
Tuesdays/Thursdays
7:00-7:45 am OR
10:15-11:00 am

COST:

\$330 (or 3 payments of \$120):
\$25 worth of beauty products
(\$305 without beauty products)

SPONSORS:

The Body Mechanics, Mary Kay
Cosmetics, Georgia Karate Academy,
and Kharisma Salon

Info and Online Registration

www.oconeekarate.com
706.769.3730
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