



Melanie

lost 55lbs
in 8 months

Find Your Fitness

There was no diet Melanie Childress hadn't tried—and failed. Then she tried the only weight loss tool that works. Knowledge.

Our dieticians taught her how to eat right. Our personal trainers taught her how to exercise. And progress taught her to keep going. She learned how to lose, and became a success.

50% off the enrollment fee when you join, or join with a friend and both receive 75% off.

Call 214.820.7872 or visit
baylorlandryfitnesscenter.com

Tom Landry
FITNESS CENTER

The Tom Landry Fitness Center is part of
the Baylor Health Care System