



Paul

lost 55 lbs

and 14" in his waist

Find Your Fitness

Paul Atkinson had too much weight and too little energy. With a disciplined, supervised personal training program, along with consistent participation in a weight loss program, he shed pounds and inches and gained strength. Now he can bench-press 325 pounds. That's the power of personal training.

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

Call 214.820.7872 or visit
baylortomlandryfitnesscenter.com

Tom Landry
FITNESS CENTER

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