



- The next 10-week session starts Saturday, September 29
- Farrell's is a 3-part program
 - Cardio
 - Strength Training
 - Nutrition – Everyone gets a customized nutrition plan based on body composition. (Use Body Composition Scale)
- Farrell's will hold you accountable
 - Owners and/or coaches will reach out to you and check in if you miss a class
- **You can now join with just \$149 down!**
- You can also call to enroll:
 - Jamie Lane Location – 402-310-4026
 - Lucile Drive Location – 402-310-4761
- Both locations are now under new ownership.
 - This means now's the time to join to get the best deals on pricing as we expand our FXB family in Lincoln.
 - One person from each location that joins for the fall session has a chance to win \$1,000 for the best transformation.
 - A little about the owners: Farrell's Extreme Body Shaping changed Jeff & Nicole's lives. They were both out of shape, overweight and needed help getting on the right track with a reliable program that had accountability. Going through the program changed their lives. They eventually became coaches/instructors before becoming owners in Des Moines five years ago. Jeff is originally from Grand Island, so he is very happy to be back in Nebraska!
- Both locations have undergone renovations and have new equipment