



**Shape Up Sisters cordially invites  
you to spend the day with us.**

You choose the day and we'll provide you with the best workout you've ever had!

All you have to lose is the weight you're wanting to.

You have lots to gain.

Just fill out this form and bring it in for a FREE preview of your new life!

# **SHAPE UP SISTERS IS POSITIVELY RESHAPING WOMEN!**

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

E-Mail Address \_\_\_\_\_

How did you hear  
about us? \_\_\_\_\_