



**Summer's Coming Fast ... Melt Those Pounds Away, Call Craig English • Personal Trainer/Nutritionist 879-5559 • Train in the Comfort of Your Own Home**



AHHH, I FEEL SO ALIVE!

NOW IT'S OFF TO  
SAVE ANOTHER  
TORTURED  
SOUL.

Captain Body Works starts another day of personal training.



I can't do it.  
It's too hard!

Nonsense, you can  
do it, BettyLou!

Wait...yes...maybe I  
can do it. I can do it!



Thanks to Captain Body Works, BettyLou became her own superhero. You can too, by calling 1-219-879-5559. Captain Body Works (a.k.a. Craig English) will leap tall buildings in a single bound to personally assist you.