

**NICHOLSON CLINIC**

For Weight Loss Surgery

NicholsonClinic.com



**\$20**  
PER CLASS

# GET FIT. STAY FIT.

## FITNESS CLASSES WITH MARILYN

**Saturday, December 12**

**10:00AM - 11:00AM**

Legacy Medical Village – 5425 Spring Creek Parkway  
1st Floor Conference Room, Plano, TX 75024



RSVP at [www.rockfitnesscamp.com/get-fit-stay-fit](http://www.rockfitnesscamp.com/get-fit-stay-fit)  
or call **Marilyn at 469-734-4088** for more information.

*(4 person minimum & 15 person maximum)*

*Join other Nicholson Clinic patients and people like you who want to lose weight and keep it off. Learn proper technique, appropriate exercises specifically geared to where you are in the weight loss process, and have fun getting fit together.*

*Marilyn Hoyt is a Dallas-based Certified Professional Trainer, and Nicholson Clinic's Fitness Expert.*

**EXCLUSIVE TO NICHOLSON CLINIC PATIENTS, FRIENDS & FAMILY**