

Fitness Mogul...

REAL WOMEN, REAL STORIES

“SWEET RESULTS”

My name is Jennifer Jones and I own **From Scratch Bakery**. I know what you are thinking “how can I beat the temptations of my own sweets?” well I have, I eat in moderation! I reached a point where I needed to change my life, my eating habits, and just get healthy but I was afraid. I didn’t want to go to your typical box gym; the atmosphere just wasn’t for me so I didn’t know where to start. A friend of mine began going to Fitness Mogul and had great results. She tried an entire year to convince me to join Fitness Mogul and quite honestly I was scared. Are people going to judge me? Am I going to be able to handle it? My first class with Morgan was rough and I was afraid to go back but I told myself I started and I am not giving up and Rachel would not let me give up. I am happy! I’m down over 30 pounds, made so many friends, have a second family now, Rachel and the Fitness Mogul team taught me to enjoy working out and they impacted my life so much that I decided to add healthy options to my bakery, including fresh smoothies. I challenge you to take a class at Fitness Mogul and stop by the bakery after your class for a recovery shake. Mention Fitness Mogul and receive **\$1 off** your first smoothie.



Fitness
M O G U L

Group Exercise
Pole Dancing Studio

- Clean facility
- NO gym membership required!
- Low monthly rates as low as \$35
- We appreciate you, not just your business.



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