



**ASSURED  
FITNESS**

**Shaun Golden**, of Hummock Drive, has started a new personal training business, and he'd like to help you with one or more of the following:

Prenatal & postnatal fitness • Weight loss • Body toning and sculpting • Weight management • Strength training  
Aerobic training • Circuit training • Lifestyle management  
Enhanced performance • Nutritional counseling • Body composition

*Calavera Hills residents get one free introductory session plus a discount on certain services!*

For more information call: (760) 470-7286 or visit online at [www.AssuredFitness.com](http://www.AssuredFitness.com)