

# Women's Fit Club

Laugh\*Love\*Be Fit



Patricia has a wealth of different exercises at her fingertips! She is a strong knowledgeable trainer. She pushes me (which I enjoy) while at the same time she is encouraging when I have to modify an exercise to be more successful. I hear her mantra:

*'This is where change happens, ladies!'*  
in my head all the time – and I like it!"

- Heather Eggert



## Women Only Boot Camp

M, W, F @ 9:30am

T, Th @ 6:30pm

- Nutrition Guidance
- Individual & Team Support
- Monthly Weigh-Ins
- Drop-in Rates

Fit Women Rock @



Contact Patricia Brown for more information at [pbrown@mtvac.net](mailto:pbrown@mtvac.net)

## Mount Vernon Athletic Club

7950 Audubon Avenue  
Alexandria, Virginia 22306

(703) 360-7300  
[WWW.MTVAC.NET](http://WWW.MTVAC.NET)