

**When:**  
Monday,  
June 22<sup>th</sup>  
5:30pm

**Location:**  
STS, 6100 W.  
Gila Springs  
Place, Suite 23  
Chandler AZ,  
85226

Please **RSVP**  
to Scott at  
[scott@scottstrainingsystems.com](mailto:scott@scottstrainingsystems.com)  
by Friday,  
June 19<sup>th</sup>



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## Come train with the best for a Goal Setting Workout with Scott Keppel!

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This workout is designed to push your body physically and mentally. It will be a full body workout that will not only have you burn serious calories, but work on your mental strength as well. Directly after the workout we will have a goal setting session with focus on converting a complaint to a commitment, and how to live above the line!

