

# THE ANCHOR METHOD

Strength & Wellness  
Studio For Teen Girls  
Ages 12-19

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GET STRONGER

**BUILD CONFIDENCE**

ESTABLISH TRUSTED

FRIENDSHIPS

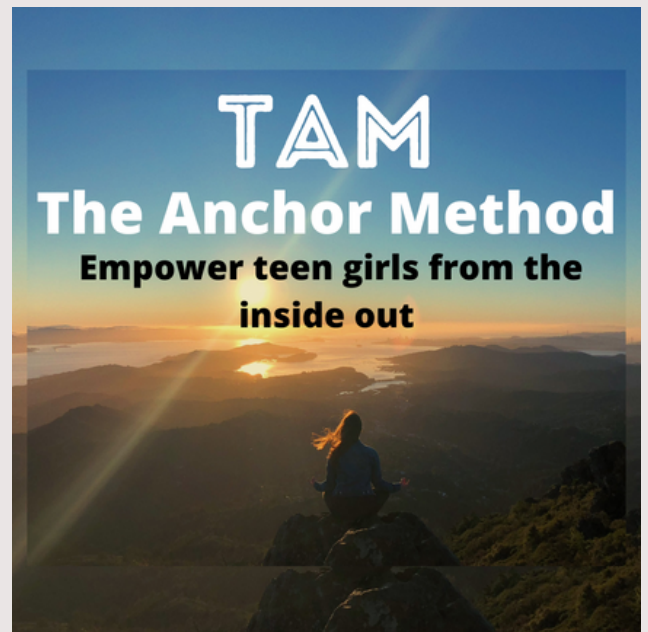
**CREATE HEALTHY HABITS**

MAKE TIME FOR YOU!

**CODE: ANCHOR**  
FOR 50% OFF  
YOUR FIRST SESSION

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For more information visit  
[anchormethodmarin.com](http://anchormethodmarin.com)

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