



Kicks off Jan 12th at 7:30
Are you IN?

2012 Core Challenge – 4 Weeks to Better You!

1. Choose a Goal:

Want to Lose weight? Tone Up? Gain Strength? We will help you choose a realistic goal for your Challenge

2. Create Your Baseline:

Attend the Kick off Class and complete your fitness assessment so we can keep track of your progress

3. On Your Way:

- UNLIMITED Mat/Spin/Piloxing classes during the 4 Week Challenge
- THREE private 30 minute sessions to discuss progress, ask questions, get new exercises, etc.
- ONE DVD to keep you working out when you can't make it in
- EASY Recipe ideas for meals and snacks along the way

4. At your Goal!:

Attend the final wrap up meeting to complete your final fitness test and see all that you have accomplished!

\$280 Total (\$400 Value)

Sign up Online today!