



betterbodychallenge

***Not seeing results? Desire for change? Ready to get serious?
Time to take the **BETTER BODY CHALLENGE!*****

> OUR BETTER BODY CHALLENGE WILL:

Transform your body into a lean, more athletic-looking you, utilizing scientifically proven training protocols from cutting edge research. Get ready for 8 weeks of nutritional seminars, biweekly weigh-ins and fat-torching workouts! We'll elevate your metabolism, engage you in sculpting workouts, and, most importantly, help you to incinerate pounds of fat. What are you waiting for?? Sign up at the front desk!

> OUR 8 WEEK PROGRAM INCLUDES:

- 16 hour-long guided workout sessions 2/week
- 8 hour-long nutrition seminars 1/week
- 8 independent workout plans
- Diet plan, Food journal, Supplement presentation

> PROGRAM FEES

- Regular cost of program – members \$359 / non-members \$459
- ***Introductory Special – members \$299 / non-members \$399***

*HST is applicable to all pricing.