



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

#CHALLENGEACCEPTED

**SMALL GROUP
PERSONAL TRAINING
WEIGHT LOSS
CHALLENGE**
JAN. 3—JAN. 31

**COST: \$200
for members**

WHAT'S INCLUDED?

- Maximum of 5 individuals per team
- Initial goal setting
- Fitness evaluations
- Nutritional guidance
- Workout program & 5 in-person training sessions
- One month free membership
- Private Facebook group & accountability
- Weekly challenges & goals
- Grand finale warrior course
- Prizes and more!!

PICK YOUR TEAM!

Which team will take home the prize for highest collective percent of body weight lost?!



#TEAMCHRISSY

Tuesday's
5pm-6pm
Ironworks branch

#TEAM CHRISTIAN



Thursday's
6pm-7pm
Ironworks branch



#TEAMCORTNEE

Thursday's
8:30am-9:30am
Roscoe branch

#TEAMJACOB



Monday's
5:30pm-6:30pm
Roscoe branch

**FIVE WEEKS.
FOUR TEAMS.
INFINITE RESULTS.**

REGISTER IN-PERSON AT EITHER BRANCH, ONLINE, OR BY PHONE (608-365-2261)