



# BACK IN BALANCE

A comprehensive, 9-week fitness and nutrition program specifically designed to reestablish healthful habits after a summer full of indulgent foods and festivities!

**September 3<sup>rd</sup> - Oct 31<sup>st</sup>**

Program includes:

- 5 Day Fresh Start Nutrition Plan
- 8 Week Wellness Nutrition Plan
- Unlimited Access to over 40 group training sessions and cardio classes each week
- Body Fat Analysis (at start and finish)
- Weekly Weigh-In
- 4 Wellness Workshops (topics and dates TBA)

Registration for just \$299.00 through 8/28. \$10.00 late fee will be applied after 8/28. Initial assessments and nutrition plan review will be held 8/29 at 8:00pm.

**Register at [www.CoreFitnessGroupTraining.com](http://www.CoreFitnessGroupTraining.com)**