

...New Year...New Beginning...New Intentions...New Mind Set...New Focus...New Strength...New Goals...

TEEN FITNESS & NUTRITION CHALLENGE

1/15/2020-3/11/2020

Comprehensive, 8-Week Fitness and Nutrition plan designed to help teens improve overall physical fitness and establish healthier eating habits

This motivating 8-week program will consist of:

- **Initial Evaluation Tuesday, Wednesday, January 15th:** Participants will be individually evaluated for strength, muscular endurance and power. OPTIONAL scale weight and body measurement evaluations will be available.
- **Fitness Test Training: Wednesdays, 7:00-7:45pm:** Participants will get a great, full body workout as they perform exercises specifically designed to improve their performance in the initial testing events
- **Weekly Assignments:** These at-home, fitness and nutrition assignments will provide consistency and accountability plus the ability to earn points toward final prizes.
- **Final Evaluation: Wednesday, March 11th:** All exercises performed in the initial assessment will be reevaluated to determine individual improvement. Scale weight and body measurements will be reassessed if applicable. Certificates of individual improvement will be distributed as well as prizes for “at-home” points earned.

8-Week Program: \$119.00



Add-on Option: Core Fitness offers additional youth fitness classes throughout the week. All teens registered for the “Teen Fitness & Nutrition Challenge” will receive 25% off additional classes. Please visit www.corefitnessgrouptraining.com for current schedule and class descriptions



Opening meetings and assessments will be held
Wednesday, 1/15 at 7:00-8:30pm

Register at www.CoreFitnessGroupTraining.com