

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

BODY TRANSFORMATION CHALLENGE

1/13/2020-4/4/2020

Comprehensive, 12 Week Fitness and Nutrition plan designed to help you achieve your goals while accommodating your specific needs and budget!

Independent Training Plan

For those looking for structure and direction but prefer exercising independently and at a location of their choice. Plan includes:

- Initial Assessments: body fat analysis, scale weight and optional "before pictures"
- 12-Week Nutrition Plan
- 12-Week, Three Phase Fitness Plan (with corresponding exercise videos)
- Check Point Assessments (4th and 8th week)
- Use of Core Fitness facility during business hours
- Final Assessments

\$159.00

Group Training Plan

For those looking for expert instruction and motivation during every workout. Plan includes:

- Initial Assessments: body fat analysis, scale weight and optional "before pictures"
- 12-Week Nutrition Plan
- Access to over 40 group training sessions each week including strength training, functional circuits and Cardio (spin, step, trifit and more)
- Check Point Assessments (4th and 8th week)
- Use of Core Fitness facility during business hours
- Final Assessments
- Eligibility to win cash prize for "most transformed body"

\$399.00

Personalized Training Plan

For those looking for full accountability, customized nutrition and fitness plans and expert instruction and motivation during every workout. Plan includes:

- Initial Assessments: body fat analysis, scale weight and optional "before pictures"
- Weekly, 20-minute consultation to assess results, review nutrition and exercise logs and make necessary changes to weekly plans
- Access to over 40 group training sessions each week including strength training, functional circuits and Cardio (spin, step, trifit and more)
- Use of Core Fitness facility during business hours
- Final Assessments
- Eligibility to win cash prize for "most transformed body"

\$639.00



Opening meetings and assessments will be held at the following dates and times:

- "Independent Training" participants: Friday, 1/13 at 5:30pm
- "Group Training Plan" participants: Friday, 1/13 at 6:00 pm
- "Personalized Training Plan" participants: Friday, 1/13 at 7:15pm

Register at www.CoreFitnessGroupTraining.com