



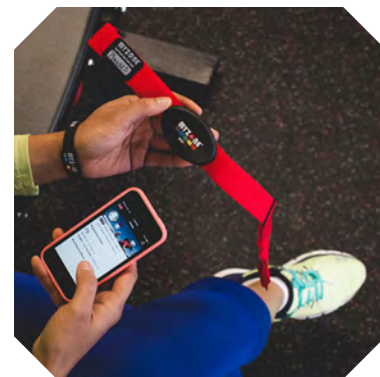
# 28 DAY WINTER BODY PROJECT



We are looking for a select number of people to join our existing clients in a 28 Day Winter Body Project. People willing to make a change to achieve their ultimate health & fitness goals. You will get STRONGER, FITTER, improve NUTRITIONAL LIFESTYLE & see dramatic changes to your BODY COMPOSITION

## *January 13 - February 10*

- It starts with nutrition! This is the Game Changer! You will get a daily Meal Plan that is based on delicious, nutrient dense real whole foods. Recipes from global chefs. You will track your body composition as you progress. Value \$149
- Unlimited group training (strength, indoor cycle, kettlebell, metabolic) in the best facility in the province led by great coaches. Value \$150
- A MyZone heart rate monitor and phone app. 99% accurate way to track heart rate, training zones, calories burned and effort points. This makes training a game. (MEPs) Value \$150
- Team competition based on: Body composition changes, strength, team cycle km., team training plus draw prizes
- A Social to celebrate the Body Project and your achievements Saturday February 10 at the Crooked Cue in Port Credit 4pm



**\$139 + HST**

**COMMIT TO  
FITNESS & HEALTH  
REGISTER NOW**