

NEW YEAR ~ NEW YOU

28 DAY FITNESS CHALLENGE!

Starts January 16, 2017

Are you ready for CHANGE?

The New Year is a great time for a FRESH start. Join coaches Nicole & Trish for a New Year - New You Fitness Challenge.

Included in the cost:



- * 5 class Group Fitness punch card (valid at Artistic Sole Dance Academy)
- * TNT Nutrition product
- * Initial Testing & Weekly Weigh-Ins
 - Body Analysis (Full body measurements are REQUIRED at the beginning and end of this challenge, in order to be considered for the prizes.)
 - Push-Ups, Sit-Ups, Flexibility, Squat ROM, Plank (just to name a few, for any initial test you complete, you will have the opportunity to win more prizes)
- * Food Journal Weekly Reviews (optional)
- * 28 Day Goal, Fitness & Wellness Packet (optional)
- * Weekly Motivational Tips, Trivia and More!! (sent via email & Private Facebook Group)
- * Nutrition Workshop & Strength Class (Tuesday January 24 at TNT Nutrition - 7:30pm)
- * Prizes
 - 1st place = 80% of all entry fees
 - 2nd place = TNT Nutrition Product
 - 3rd place - ASDA 5 Class Punch Card
 - Additional prizes for things like - Most Improved, Most Push-Ups, Longest Plank, Most Improved Flexibility etc...

Cost: \$50.00 per person

Registration Deadline for this challenge is Monday January 16, 2017.

Please contact us at ArtisticSoleDA@gmail.com