



The time is NOW! What are YOUR GOALS?

Each year we find a great opportunity to refocus and reprioritize. This year get committed to a lifestyle change. Put yourself first because you ARE WORTH IT!

Starting January 7, 2019, it's COACH vs. COACH.

Join us in a FOCUSED and GOAL DRIVEN 6 Week challenge where the losing coach will participate in whatever physical activity chosen by the winning team!!*

Just some of the highlights:

- ✓ 1 - Small Group Training per week, multiple time slots available
- ✓ Weekly Focus Points
- ✓ Weekly Weigh-Ins and Nutrition Reviews
- ✓ 3 Grand Prize Winners – Most Body Fat Percentage Lost
 - 1st Place – 40% of entry fees
 - 2nd Place – 25% of entry fees
 - 3rd Place – 10% of entry fees
- ✓ Random “Focus Point” Drawings along the way

Cost \$50.00

Teams will be created at random, but both teams will follow the same process throughout the 6 weeks. Please contact us to complete your Registration.

We are only accepting 30 participants. Guarantee your spot today!!

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* Restrictions Apply