



BODY TRANSFORMATION PROGRAM

Customized to YOUR specific goals

- A **26 week commitment** from YOU
- **3 workout sessions a week** with your dedicated trainer
- Monthly **Lean Body Mass analysis**
- Monthly **progress review** and program update
- A **Nutrition evaluation** and recommended *action plan*
- A **10% discount on ALL smoothie purchases** (during this program)
- **MyZone Belt** included



Let's Do This!

Be Stronger

Be Healthier

Be Happier



See the front desk for more information