

60 DAY TRANSFORMATION

Challenge

JANUARY 11 – MARCH 10, 2016

CHALLENGE YOURSELF TO BECOME A BETTER YOU

FEATURING



MIDTOWN
ATHLETIC CLUB®

CHALLENGE YOURSELF TO BECOME A BETTER YOU

LEAN BODY MASS • WELLNESS • MYZONE MEPS

1 INCLUDES

Before & After Assessments	2 Nutrition Seminars
4 MYZONE Personal Training Sessions (\$312 value)	Weekly Workout Challenges
1 MYZONE MZ-3 Belt (\$99 value)	Spa Specials
60 Group Exercise Classes	Café Specials
60 "How to..." Demos	Pro Shop Specials

2 MYZONE

The innovative MYZONE heart rate system is the future of fitness and the key for you to accurately measure and monitor your workout. See your effort rewarded with live feedback converted to MYZONE Effort Points (MEPs) and challenge yourself to become a better you. [Learn more at myzone.org](http://myzone.org)

3 PRIZES

Participants who meet their weekly MEPs goal will be entered to win a variety of prizes throughout the Challenge.

4 REGISTRATION

**MONDAY, DECEMBER 14 -
FRIDAY, JANUARY 8**
9:00am-5:00pm

5 COST

\$225 per member

6 SAVE THE DATE

KICK-OFF PARTY
Saturday, January 9
1:00-2:00pm

CELEBRATION NIGHT
Thursday, March 17
5:30-6:30pm

FOR MORE INFORMATION, CONTACT

Cindy Blake at 847.496.2552 or cindy.blake@midtown.com