

60 DAY TRANSFORMATION

Challenge

JANUARY 23 – MARCH 19, 2016

CHALLENGE YOURSELF TO BECOME A BETTER YOU

MIDTOWN
ATHLETIC CLUB®

60 DAY TRANSFORMATION *Challenge*

YOUR CHALLENGE, YOUR CHOICE

WEIGHT LOSS • LEAN BODY MASS • WELLNESS

1 INCLUDES

30-Minute Before & After Assessments
8 Small Group Training Sessions
Unlimited Group Exercise Classes

1 Healthy Living Meal Prep Presentation
Weekly Workout Video Challenges
Spa Specials
Café Specials

2 PRIZE

Prizes will be awarded to the top male and female participants in each category.

3 REGISTRATION

WEDNESDAY, DECEMBER 23 -
FRIDAY, JANUARY 15

4 COST

\$149 per member

5 SAVE THE DATE

LAUNCH NIGHT
Friday, January 22
6:00-8:00pm

CELEBRATION PARTY
Thursday, March 31
7:00-9:00pm

FOR MORE INFORMATION, CONTACT

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