

60 DAY TRANSFORMATION

Challenge

JANUARY 16 – MARCH 11, 2016

CHALLENGE YOURSELF TO BECOME A BETTER YOU

WINDY HILL
ATHLETIC CLUB®

YOUR CHALLENGE, YOUR CHOICE

WEIGHT LOSS • SPORTS PERFORMANCE • LEAN BODY MASS • WELLNESS

1 INCLUDES

Before & After Assessments
1 Personal Coaching Session
5 Small Group Coaching Sessions
3 Nutritional Seminars

Group Exercise Classes
Weekly Workout Challenges
1 Complimentary Café Smoothie Per Week
20% Off One Spa Service

2 PRIZES

Prizes will be awarded to the top performers in each category.

3 REGISTRATION

THURSDAY, JANUARY 7

6:00-8:00pm

SATURDAY, JANUARY 9

9:00-11:00am

4 COST

\$99 per member

5 SAVE THE DATE

KICK-OFF PARTY

Saturday, January 16

12 Noon-1:30pm

CELEBRATION NIGHT

Friday, March 11

6:00-8:00pm

FOR MORE INFORMATION, CONTACT

Craig Hragyil at 770.657.1760 or craig.hragyil@windyhillclub.com