

DÉFI TRANSFORMATION 60 JOURS

JANUARY 11 – MARCH 10, 2016

CHALLENGE YOURSELF TO BECOME A BETTER YOU

FEATURING



MIDTOWN
LE SPORTING CLUB
SANCTUAIRE^{MC}

YOUR CHALLENGE, YOUR CHOICE

WEIGHT LOSS • SPORTS PERFORMANCE • LEAN BODY MASS • WELLNESS

1 REGISTRATION

MONDAY JANUARY 4 - SUNDAY JANUARY 10

9:00am-5:00pm

2 COST

Base Package: \$90 plus tax
Base Package + Belt: \$150 plus tax

Nutrition Package: \$150 plus tax
Nutrition Package + Belt: \$210 plus tax

3 BASE PACKAGE

1 Personal Training Session
5-Week Small Group Training Class
MClinic Conferences
MYZONE Conferences
T-shirt for the first 250 to register

NUTRITION PACKAGE

Base package+
1 Nutrition Consultation
5-week Nutrition class

4 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)

5 PRIZES

Participants reaching their fitness goals will go into a draw for prizes.

6 SAVE THE DATE

30-DAY CELEBRATION NIGHT
Wednesday, February 17
7:00pm-9:00pm

CELEBRATION NIGHT
Wednesday, March 16
7:00pm-9:00pm

FOR MORE INFORMATION, CONTACT

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