

60 DAY TRANSFORMATION

Challenge

JANUARY 16 – MARCH 11, 2016

CHALLENGE YOURSELF TO BECOME A BETTER YOU

FEATURING



MIDTOWN
ATHLETIC CLUB®

YOUR CHALLENGE, YOUR CHOICE

WEIGHT LOSS • SPORTS PERFORMANCE • LEAN BODY MASS • WELLNESS

INCLUDES

- 1 MYZONE MZ-3 Belt
 - 1 Personal Training or Pilates Session
 - Before & After Assessments
 - Unlimited Small Group Training Sessions
 - Unlimited Group Exercises Classes
 - 1 Cardio Tennis Class
- Weekly Nutrition Video Tips
 - Weekly MYZONE Heart Rate Seminars
 - Weekly Workout Challenges
 - Grocery Store Tours and Cooking Demonstrations from Fresh Thyme



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 TEAMS & PRIZES

Each participant will be placed on a team of 10 people. Prizes will be awarded to the top performers and teams in each category.

4 REGISTRATION

**TUESDAY, DECEMBER 22 -
SATURDAY, JANUARY 16**
All Day

5 COST

\$129 per member \$109 for participants who already own a MYZONE MZ-3 Belt

6 SAVE THE DATE

KICK-OFF PARTY
Saturday, January 16
12 Noon-2:00pm

CELEBRATION NIGHT
Friday, March 11
6:00-8:00pm

FOR MORE INFORMATION, CONTACT

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