



PRESENTS

60 DAY TRANSFORMATION

Challenge

JANUARY 9 – MARCH 8, 2016

CHALLENGE YOURSELF TO BECOME A BETTER YOU

FEATURING



MIDTOWN
ATHLETIC CLUB®

1 INCLUDES

5 Small Group Training Sessions
GRIT™ Games Team Challenge
Weekly Workout Challenges

2 Nutrition Seminars
Spa Specials
Café 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

**FRIDAY, DECEMBER 11 &
SATURDAY, DECEMBER 12**
7:00am-1:00pm

5 COST

Challenge: \$90 per member
(For participants with MYZONE Belt)

Challenge + Belt: \$159 per member

6 SAVE THE DATE

KICK-OFF PARTY
Saturday, January 9
12 Noon-1:30pm

CELEBRATION NIGHT
Thursday, March 10
7:00-8:00pm

MYZONE MZ-3 BELT IS REQUIRED FOR PARTICIPATION AND WILL BE AVAILABLE FOR PICK-UP AT OUT.FIT UPON REGISTRATION.

FOR MORE INFORMATION, CONTACT

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