

60 DAY TRANSFORMATION *Challenge*

JANUARY 13 – MARCH 12, 2016

CHALLENGE YOURSELF TO BECOME A BETTER YOU

MIDTOWN
ATHLETIC CLUB®

60 DAY TRANSFORMATION *Challenge*

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1 INCLUDES

Before & After Assessments
1 Personal Training Session
5 Small Group Training Sessions
Group Exercise Classes
Cardio Tennis

Nutrition Seminars
Weekly Workout Challenges
Weekly Team Challenges
Spa Specials
Café Specials

2 PRIZE

Prizes will be awarded to the top male, female, and team participants with the highest weight loss.

3 REGISTRATION

**MONDAY, DECEMBER 28 -
WEDNESDAY, JANUARY 6**
All Day

4 COST

\$119 per member

5 SAVE THE DATE

KICK-OFF PARTY
Wednesday, January 13
6:30-7:30pm

CELEBRATION NIGHT
Monday, March 14
6:30-7:30pm

FOR MORE INFORMATION, CONTACT

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