

We know that this holiday season is going to be tough; on your waistline & your wallet.

So, in preparation for the holidays we decided to offer the best program to keep the traditional 10-15 lb weight gain from happening & keep the cost low too.

HOLIDAY HAVOC

\$199 for 6 weeks

Saturday November 21st - Saturday January 2nd

package includes 4 fitbarre classes each week

with your busy schedule fit them in whenever they work of you!

that s only \$8 per class...plus get much, much more!

★1 FREE What's Next Wednesday? each week

Each Wednesday we will feature a different class at 7:40 pm - come try out a variety of yoga, pilates, cardio, core & fusion classes!

★3 FREE Workshops, each 1.25 hours

1 offered each week, your choice of which workshops to attend - 1st Workshop offered on Thanksgiving at 8:30 am w/Lizz - AB Booster. Others offered in December will include: cardio fitbarre, bootcamp, flashdance & more!

★1 FREE Nutritional Seminar

We will also introduce you to the Holiday Health Plan, where we will teach you how you can avoid holiday weight gain through Nutritional Cleansing & how focusing on what you eat will impact how you feel & how healthy you really are.

★FREE Before & After results

★Weekly updates & words of encouragement!

**Retail Value of this 6 week package is \$700,
you save over \$500!!!**

Sign up with a friend & SAVE \$10!

Taking part in this Holiday Package & Health Plan will enable you to really enjoy yourself at all all of your holiday parties & get a head start on your New Year's Resolutions. So reserve your spot & get ready to look & feel great this holiday season & always!