

THE FITNESS FACTORY FIT CLUB:

THE WORKOUT

Spring session: Mar 12 - Apr 30
Mondays 7:00 PM - 8:00 PM

Sign up by March 6th,
get 8 sessions for **\$130**

Registration after March 6th: \$150.

Similar to "*The Biggest Loser*",
two teams will compete over a seven-week period
to be crowned the winners of the **Fit Club** Challenge.

Looking for some extra motivation?
How about a **cash prize**?

Group meetings include:

- Weekly weigh-ins
- 45min weekly workouts
- Nutrition coaching
- Before-and-after pictures
- Body composition (3x)
- Calorie tracking
- Goal-setting

- Two individual cash prizes (at the middle & end of the program) and one team cash prize for the **highest % body weight lost.**
- **Guaranteed** to keep you motivated by making you accountable - not only for yourself, but also for your entire team.
- **Well-rounded program** designed to give you the tools to achieve your goals and show you what it takes to maintain those goals!

Space is limited*! Sign up today at fitnessfactorynh.com

401 Main Street / Unit #109
Salem, NH
(603) 458-2599
fitnessfactorynh.com

*Limit of eight (8) clients per session.

FITNESS FACTORY

