



# FITNESS

# CHALLENGE

GET MOTIVATED | BE CONSISTENT | ACHIEVE YOUR GOALS

**JANUARY 14 - MARCH 10 (8 WEEKS)**

**WHAT'S INCLUDED**

- + Pre (12/17 - 1/18) and post (3/11-18) Inbody Composition Analysis to measure progress
- + Headband and water bottle
- + Weekly fitness tips and encouragement
- + Many opportunities to win fun prizes

**ENTRY FEES:**

\$69 if you own a Myzone Belt (FC01022019)

\$149 if you need a Myzone Belt (FCMZ01022019)

**ADD ON** these specially priced packages to help you along the way:

- + PWRFIT Package: 8-pack of classes for \$200
- + Pilates Package: 8-pack of equipment classes for \$200
- + Nutrition Package: 4 thirty-minute private sessions with our Registered Dietitian for \$200
- + Combat Zone Introductory Offer: 25% off 3-month package

**SEE THE Q&A ON BACK FOR DETAILS**



**REGISTER**

Greenwood App, 303.770.2582 x274  
GreenwoodATC.com/PersonalTraining

**CONTACT**

Joe Talbert x396  
Joe.Talbert@GreenwoodATC.com



**GREENWOOD ATHLETIC  
AND TENNIS CLUB**