

ULTIMATE CHALLENGE

You're invited to our post-summer shape up! Come start the school year off right and join us for our **fall ultimate challenge!**

WHAT: Our team of trainers will keep you on track with:

- **a body composition analysis** at the beginning and end of the challenge
- **weekly weigh ins**
- **weekly fitness education**
- **weekly group trainings**
- **diet tips**
- some **friendly competition!**
- and CASH **PRIZES** for our top winners!

WHEN: Thursday August 2nd-Thursday October 25th (12 weeks)

WHERE: Ultimate Health and Fitness

HOW: Sign up at our front desk by August 2nd, and come in any time on Thursday August 2nd for your body composition analysis

PRICE: Members \$149* // Non-members \$269*

-non-member fee includes an all-inclusive 12 week gym membership

-\$25 of total fee gets added to the PRIZE MONEY pot

-fee also covers one group training per week with your fellow competitors, led by our personal trainers

BONUS: Sign up before Saturday July 28th and receive a **free 45-minute personal training session** with returning personal trainer Brittanie Rousseau!

We're ready to give you all of the tools to reach your personal health and fitness goals. Are you ready to take the challenge?