

# 8 WEEK BODY TRANSFORMATION CHALLENGE FOR MEN AND WOMEN

SEPTEMBER 12 - 20 \$180 EARLY BIRD/MEMBER

SEPTEMBER 21 - OCTOBER 1 \$200 REGULAR

CLASS TIMES: TUESDAY & THURSDAY 6:00 PM – 7:00 PM

SATURDAYS 9:15 AM – 10:15 AM

CLASSES START TUESDAY, OCTOBER 2

NO CLASS SATURDAY, OCTOBER 13TH



## INCLUDES:

- HEALTHY GROCERY LIST
- TRAINING LOGS
- FRESH WORKOUTS EACH CLASS

## WEEKLY PRIZES

GRAND PRIZE DETERMINED BY  
HIGHEST PERCENTAGE  
OF WEIGHT LOSS

MUST WEIGH-IN TO BE ENTERED

*Scheurer*  
Better Health. Better Life.

**SANDY SHORES  
WELLNESS CENTER**

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