



Winter MELTDOWN

30-n-30 Weight Loss Program...

Phase **ONE**

*Don't Pack On The Winter Pounds & Inches...
Register for Your Personal Meltdown Today!*

Your Meltdown Tools:

- 12 Half-Hr Private Training Sessions
- 2 Fitness Evaluations
- Nutrition Coaching
- 6 WEEK Workout Plan
- 6 WEEK Membership
- Workout Journal
- Grocery Lists & Recipes
- RMR

MEMBERS MELTDOWN

Only **\$299 total**

Not A Member...No Problem!

NON-MEMBERS Only

\$399 total

Over \$600 Value

It's Flexible.
It's Customized.
It's for A New You.

Mandatory Seminar
January 4th at 6pm
Registration is NOW!!!

ENERGY FITNESS

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