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1st place  
wins  
\$500!

# WEIGHT LOSS CHALLENGE

**4 weeks**

**16 sessions**

**\$99**

**September 13**

through

**October 8**

(Mandatory Orientation  
choose one: Sept 3 & 4 or 10 & 11)

Come let our **professionals** coach you to a **new body**,  
a **healthier lifestyle** and a chance at **\$500!**

## PACKAGE INCLUDES:

- Nutritional Program
- Body Fat % Evaluations
- Indoor *and* Outdoor Training
- 16 1-hour sessions

**SIGN UP TODAY!**

or **ASK FOR MORE DETAILS**

by calling

**909.592.5919** (ask for LaMonte)

**CERTIFIED EXPERIENCED TRAINERS:** CrossFit • NSCA • ACE • ISSA • Military

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