

10-WEEK HEALTH & WELLNESS CHALLENGE

When:

September 12th -
November 20th

Where:

Route 250 Health & Performance
400 Mill Ave. New Phila, OH 44663

What:

10-Weeks of guided health coaching with the goal of teaching you how to effectively use diet and exercise to achieve scientifically proven health benefits beyond just weight loss. Learn practical strategies in nutrition so you don't have to rely on the latest fad and effective exercise programming so you don't have to spend hours and hours in the gym!

Why:

Because your health depends on it! Nothing works more effectively to treat and prevent the most common diseases of today. It's time to take back your life and have more energy, confidence, and strength to do the things you want to do in life. You owe it to your current and future self to take care of your health today!

EARLY REGISTRATION

Individual \$249
Group Rate (5 or more) \$199
*****Ends August 19th*****

LATE REGISTRATION

Individual \$299
Group Rate (5 or more) \$249

WHAT'S INCLUDED

- 10-Weeks of Guided Health Coaching
- 3 Group Classes/Week
- 1 Small Group/Week
- Unlimited Virtual Classes
- Weekly Nutrition/Mindset Coaching
- Inbody Scan
- Full Gym Access
- Childcare
- Weekly Prize Giveaways
- Accountability
- A place to meet other people like you with like minded goals

SPONSOR/PRIZE POOL

All sponsor dollars will be added to the prize pool. Scan to see our growing list of sponsors and updated prize pool! One male and one female will be chosen to receive a grand prize!



SCAN ME