

SPRING U FIT

Are you ready for the
6 week challenge?

3/18 - 5/3

THE COST:

Continuing U FITters—\$100

New or Returning U FITters—\$160

SPACES FILL QUICKLY!

THE DETAILS:

- Access pass to facility
- Access to any fitness classes
- Weekly nutrition coaching
- Pre, mid, & post assessments
- Weight machine intro session
- Optional weekly weigh ins
- FB group for community
- Introduction meal
- Weekly challenges
- Optional locker
- Progress monitoring



**COMMIT TO CLEAN
EATING & CONSISTENT EXERCISE
FOR 6 WEEKS AND SEE HOW
QUICKLY YOUR BODY (AND MIND)
CAN TRANSFORM INTO A LEANER,
MORE FIT U!**

**2018 Loss Records
Total Pounds: 162.2 lbs
Total Inches: 146.125"**



**Help break these
records in 2019!**



Racquet and Fitness Center

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