



12 Days of Fitness

December 4-15th

9:00 am

Monday Wednesday Friday

Program Details:

- Before & After Fitness Assessments with Body Composition (\$50 value)
 - 3 (60-min) weekly Group Workouts at 9:00 am on M/W/F (\$120 value)
 - 12-day Fat Burning Meal Plan (\$49)
 - Fat-Burning Grocery List (\$29)
 - Unlimited support/accountability in private online forum (\$99 value)
- (\$300 Value)

**PRICE: \$120 per
Member**

**Space limited to 15
All fitness levels**



Join Shelly for this Holiday support **12 -Days Fitness**. This program is designed to keep us accountable and feeling good though the season of eating!

Sign up at the Front Desk or email sarahh@hfac.com