

*The*

# NEW YEAR'S REVOLUTION

21-DAY CHALLENGE

Ditch the resolution this year and create a  
reVOLution instead!

This Jump Start program will arm you with mental, emotional and physical practices to create a healthy body - from the inside out.



**January 8 - 26**

**Cost: \$180**

Registration closes Jan 7

*Early Bird - \$20 off  
if registered before Jan 1*

- Before/After fitness & body assessments (\$50 value)
- 3 weekly workouts (\$180 value) 9:00 am M-W-F
- 21-day healthy meal plan (\$49)
- Fat-burning grocery list (\$29)
- Unlimited personal coaching and online support (\$99)

***Total value of over \$400 for just \$180!***