

JULIE'S FITNESS STUDIO

TO INSPIRE, MOTIVATE & CREATE A BETTER YOU

WWW.JULIESFITSTUDIO.COM

Julie's Fitness Studio Presents: 80-Day Slim Down Challenge

Are you ready to make a lifestyle change? Are you tired of not seeing results? Are you at a loss with what and how much to eat? Do you know how to correctly fuel your body before and after a workout? **Are you ready for a challenge?**

Come to our informational meeting

March 3rd at 10:30am

Learn how to regain control of your life and your nutrition!

Challenge Includes:

- ✓ Beginning and Ending Weigh-in & Measurements
- ✓ Monthly Coaching Tips
- ✓ Optional Nutritional Plan (separate fee)
- ✓ Optional Weekly Weigh-ins
- ✓ 3 Free Spin Classes for You and a Friend
- ✓ Chances to Win Monthly Prizes



2 Grand Prize Winners!!

Grand Prize for Highest Percentage of Weight Lost

Grand Prize for Most Points Earned

Each winner will receive:

Cold Hard Cash

(amount to be determined; based on how many people sign-up & split between winners)

Free 3-Month Membership to the Studio

1 Free Personal Training Session

If you are interested in joining our challenge or participating in the nutritional plan, but cannot attend our meeting, please contact Julie for details at 419-350-7426.



Get a personal touch with the national 80-day obsession system that is sweeping the nation!

**Kickoff
March 26th**

**Final Weigh-In
June 16th**

entry fee for members of the studio
\$25.00

non-studio members
\$50.00

If you sign up for the optional nutritional plan, the entry fee is waived.

**[CHALLENGE
ACCEPTED]**

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