

# JULIE'S FITNESS STUDIO PRESENTS:

## JANUARY WEIGHT LOSS CHALLENGE

### 9 week challenge includes:

- Grand Prize for highest % of weight lost
- Grand Prize for most points earned
- The same person cannot win both grand prizes
- Monthly coaching
- Beginning and ending weigh-ins & measuring

Cash prize and a **FREE** 3-month membership for each winner

### Rules:

- Must be a member of the studio
  - Choose either a \$45 per month membership not including yoga / spin **OR** a \$95 per month membership including UNLIMITED group exercises classes, yoga, and spin.
- Must sign-up on auto-withdrawl
- If you are already a member then you only have to pay the registration fee to join the challenge.

### Bonus:

- If you choose the \$45 per month membership you will receive 2 **FREE** spin classes or 2 **FREE** yoga classes (you choose).
- If you choose the \$95 per month membership you will receive a **FREE** 30min training session with Julie or Sheila.
- Training sessions will be done in groups of two with the participant of your choice.



**Jan 12th – March  
16th**

**Registration &  
weigh-in Jan 12th.  
8:00am – 11:00am**

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**\$50 Registration  
Fee**

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**Final weigh-in  
March 16th Time:  
TBA**

**JULIE'S FITNESS  
STUDIO**

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[www.juliesfitstudio.com](http://www.juliesfitstudio.com)

Jan 12<sup>h</sup>–March 16<sup>th</sup>