

FitRev's Slim Down to Summer Challenge

* **HIGHLY-PERSONALIZED SMALL GROUP TRAINING: MAX 6 PER GROUP**

* **QUANTIFIED RESULTS: "INBODY" BODY COMPOSITION TESTING PERFORMED AT THE START & END OF THE CHALLENGE**

* **SELECT THE SCHEDULE & FREQUENCY THAT WORKS FOR YOU:**

1 X WEEK

- LISA M: SUNDAYS 9:15 AM
- LYND SAY: TUESDAYS 5:15 AM or THURSDAYS 9:00 AM
- MICHELLE: TUESDAYS 12:00 PM

2 X WEEK

- MICHELLE: MONDAYS & WEDNESDAYS 8:30 AM
- ALICE: MONDAYS & WEDNESDAYS 10:30 AM
- LISA C: TUESDAY & THURSDAYS 7:30 AM

* **COST*:**

- 1 X Week: \$175 (\$22/session)
- 2 X Week: \$289 (\$18/session)

* **STARTS WEEK OF 4/25 FOR 8 WEEKS**

Sign-up @ Fit-Rev.com under "Events"



* In honor of National Autism Awareness Month, FitRev will donate a percentage of the proceeds to Autism Speaks.