



12 WEEK MELTDOWN

Guaranteed weight loss with this amazing 12 week fitness and nutrition program for only \$365. (equivalent to \$10/training session)

TRAINING

Three days of metabolic training and 2 days of intense cardio to kick start your metabolism and melt the fat away.

12 weeks to change your bad habits into a healthy lifestyle for life

NUTRITION

As a part of the program we have a specific meal plan and accountability system created for you. We have partnered with Fitfood's, and once you choose your food from the menu, it will be cooked, weighed, and put into a container so that you just heat it and eat it!

Visit the front desk after your workout to get your meals. Proteins are only \$3, veggies are \$2. Be sure to consult your trainer to see which foods are allowed on your meal plan.

We are taking enrollment now so call us at **540-777-1177**

SIGN UP NOW!