

Fit-X San Diego presents:

Transformation Challenge: Reduce Body Fat

- Are you ready to start losing that unwanted fat?
- Would you like to learn how to eat to help lose fat?
- Do like having fun while working out?



If your answer is YES, then this program is for you!
Become a leaner and better you in 2014!

Thursdays, Feb. 13th - April 3rd at 7am

With Heidi Verner & Rudy Spencer

Includes 2 InBody Assessments, Weekly Workouts and Online Coaching

All for only \$149!

Can't make the 7am workout?

Then price drops to only \$79!

- A Minimum of 5 participants is required for session to be held.
Please sign up online or in person by Monday, Feb. 10th.
- Reserve and pay for your session conveniently at www.fitxsandiego.com/SRSRC
Look for the "Add to Cart" button next to the link for this training. Should the link not work you can always use our "Buy Now" feature under our logo in the left top corner.
- Cancellations received after 24 hours preceding the session and no-shows will not be refunded.



Fit-X San Diego: Your Authorized Fitness Provider!



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Look for Fit-X Fitness Here:



Find your fitness schedule online
at Fitxsandiego.com/SRSRC