



LOSE 2WIN

**ACHIEVE YOUR GOALS WITH A FUN
8 WEEK WEIGHT LOSS CHALLENGE**





“Lose 2 Win” is an inspiring, motivating, social and fun 8 week weight loss challenge designed to help members meet their fitness/weight loss goals and offers built in accountability, nutrition education and a certified professional trainer as the coach captain of your weight loss team.

LOSE 2 WIN SCHEDULE

February 1 – March 29

Lose 2 Win runs

December 26 – January 31

Registration

January 30 – February 1

Initial confidential baseline measurements (weight, measurements, body fat %, wellness questionnaire)

March 29 – 31

Final measurements

April 1

Celebration and awards party

For **\$299** each member receives the following:

- One initial **30** minute private consultation with a fitness professional to establish goals and 8-week plan
- Three (3) private personal training sessions **60** minutes each
- Weekly Small Group Training sessions (8 sessions)
- Discounts on Personal Training, and Nutritional Training
- Individual & Team Prizes (\$1000 for top Male/Female and awards celebration party for all participants at Harvest)
- Participating program t-shirt

Questions: Josh Vrodran @ JoshV@LakeshoreSF.com