

TRANSFORMATION CHALLENGE #2

FINISH STRONG

12 weeks, 3 teams, 1 goal. Anytime Fitness, Dixon is holding its 2nd Transformation Challenge. During the first Transformation Challenge, 33 participants set a goal to change their lives. More than 80% of those participants saw major changes after just 12 short weeks. So we decided to do it again, and this time, we're giving you more.

No more excuses! You said you needed personal training? Now you have it. You wanted more strength and cardio classes? Done. We will give you the education you need to jump start your health and fitness program, and show give you the tools you will need to continue to have a successful lifestyle in fitness.

June 3, 2007 to August 25, 2007
Just \$299* and a commitment to change your life.

**\$49 of every entry fee will be donated to the
UCDavis Medical Center Fit Kid Program**

Visit www.ucdmc.ucdavis.edu for more information on the UCDavis Health System



The 12 week commitment was very difficult in the beginning, but after seeing results week after week, it kept motivating me to come back and keep pushing myself.
-Patti Brown

Here's What It Includes:

- Fitness Journal
- Nutritional Supplement Starter Kit
- Nutrition 101 class
- 2 Personal Training sessions
- Strength Training 101 class
- Cardio Training 101 class
- Intermediate / Advanced Strength Training class
- Intermediate / Advanced Cardio Training class
- Weekly Team Meetings
- Personal Mentor
- Personal assistance from Team Coach
- Conveniently Track Body Fat, Weight, and Body Measurements
- Professional Before and After Photos

In addition, as a Transformation Challenge #2 participant, for a limited time, additional personal training services will be offered at a discounted rate. See club for further details.

***If purchased separately, the total cost would be over \$2,500.**

**Sign up at
the club.
Space is
limited!!!**



DIXON, CALIFORNIA

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Grand Champion,
Team Champion, and
Winning Team prizes
will be awarded.