



PLEASANT GROVE RECREATION CENTER

2015 GETFIT CHALLENGE

13 week program includes:

- Weekly body comp & weight check-ins
- Weekly workshops & fitness classes
- Nutrition coaching
- Learn from certified personal trainers & industry professionals
- **Prizes** and more!!

What is YOUR Goal?

Losing Weight? | Building Muscle?
Getting Lean? | Enhanced Endurance?

REGISTER by Feb 4th!

\$120/person (with Membership pass)

\$140/person (w/o Membership pass)

\$100/person (sign up w/a Buddy)

Starts February 7th

*If it doesn't **CHALLENGE** you
it doesn't **CHANGE** you*