

HOW IT WORKS

JOINING

Join by buying a \$99 personal training package (4 sessions), or by paying \$50 cash. Both are done through MINDBODY.

CHECK-IN/OUT

Come to Riverside on 8/22 between 8-11 am for your initial body fat analysis, then again on 10/3 between 8-11 am for your final analysis to see how far you've come.

WINNING

Participants will be divided into men/women groups (minimum of 5 per group to participate). The individual from each group with the biggest drop in body fat percentage wins \$250! Miss the mark by a little bit? Second place wins \$100! Even if you don't win cash, we are rewarding you 100 **Perkville** points just for participating. 🏆

WE ARE HERE TO HELP

You're not going to be doing this alone. Riverside Fitness of Oviedo has the tools, the staff, and the partnerships to help you make a change. Read more about what we are offering you on our blog: **riversidefitness419.com/blog**

SPONSORED BY

The A-Team Florida @ Florida Realty Investments
(863) 866-1002
www.TheATeamFlorida.com



Visit www.riversidefitness419.com for more information about the competition.
For inquiries call (407) 733-4300 or email waynevandem@gmail.com.



WEIGHT LOSS COMPETITION

YOU'VE GOT TO LOSE BIG TO WIN BIG!



AUGUST 22 THROUGH OCTOBER 3

Lose weight the right way!

Our personal trainers, business partners, and instructors have what it takes to help you reach your fitness goals faster.