



On the heels of success with our 2011 "Guys and Their Bellies" Fitness Challenge, Spirit Fitness Training launches our first

"Lucky Me"

Women's Fitness Challenge

The Challenge: We'll take 15 women on an intensive 8 week fitness makeover and lifestyle makeover. All participants will complete a baseline assessment based on the Army Physical Fitness Test.

Spirit Fitness Training will offer *unlimited fitness and nutritional training to participants for the duration of the eight week program. This includes unlimited group classes, personal training, and complete access to our facility for the duration of the program. Participation in any of our training programs is not mandatory, but we think you might want to take advantage of it.*

All participants will be baselined at

630AM Saturday January 21, 2012 at

Spirit Fitness Training, 1101 W. 34th St. Austin, Texas 78705.

Body Composition and Movement Assessments and 2 mile distance completion, 2 min pushup test, 2 min situp test.

ONLINE REGISTRATION MUST BE COMPLETED NO LATER THAN WEDNESDAY JANUARY 18, 2012 at MIDNIGHT. Registration Fees are non-refundable.

GRAND PRIZE: the MOST IMPROVED PARTICIPANT receives a Skin and Makeup Revamp, New CUT and COLOR for the new you! a private jeans fitting at LUCKY JEANS - And the Jeans to go with it!
You LUCKY WOMAN!

register at www.spiritfitnesstraining.com - enter our online store, choose special events and challenges.

