

# NEW YEAR NEU-YOU



## **8 WEEK HEALTH & WELLNESS CHALLENGE DETAILS**

**WHEN:** STARTS JANUARY 13, 2020- ENDS WEEK OF MARCH 8, 2020 **Just in time for spring break!**

**WHY:** When we focus on the nervous system, we get better results!

### **OPTION 1: \$300 PER WEEK**

- 2-One on One private 55 minute training sessions
- 1-45 minute Electric Body class per week of their choice
- 2-Infrared Sauna Sessions Per Week

### **OPTION 2: \$200 PER WEEK**

- 2-semi private training sessions
- 1-45 minute Electric Body class per week of their choice
- 1 Infrared Sauna Session Per Week

### **COMPLIMENTARY:**

- Body Composition reading before, during, and after event
- BEING HELD ACCOUNTABLE BY OUR TALENTED STAFF!
- Food journal
- Before & After Nervous System Health Markers-Ask one of our trainers for more information about how we will measure and track your success.

**KICK OFF EVENT: TBA! More details to come!**