

810-750-0351



404 Rounds Drive  
Fenton, Mi 48430

Fenton Fitness & Athletic Center

# Partner Challenge



**NEW! Jan 8--March 29, 2018**

Remember the buddy system? Evidence shows that partnering up to get in shape can make your workouts more fun, keep you motivated, and boost workout intensity. Grab your friend, spouse, co-worker, son, or daughter and try our Partner Challenge and put some friendly competition into your workouts.

You and your partner will complete 12 weeks of training. We'll track your performance on several key factors. The partner with the most overall improvement wins—bragging rights and gift certificates to local businesses. The top three performers win free training packages.

## Included:

- 24 Semi-Private Training Sessions (must be done together)
- 6 Body composition checks with nutritional adjustments
- 12 weeks of unlimited access to Team Training workouts
- A personalized program to follow on your own

For more info

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## How It Works:

- You and your partner follow your training program
- We track body fat percentage, lean mass, fat mass, and waist circumference
- We also track your performance on sled push, push ups, pull ups, and goblet split squats
- The partner with the best overall performance wins a gift certificate to a local business
- Overall winners get the following: **1st place:** 30 days of unlimited Semi-Private training **2nd place:** 4 Semi-Private training sessions (once per week for four consecutive weeks) **3rd place:** 6 weeks of nutrition coaching

## Cost:

\$799.00 per pair (current Semi-Private members pay only \$399.00)

*Fitness  
is more  
fun  
with  
friends!*

