

TIRED OF GAINING WEIGHT THIS HOLIDAY SEASON?

Sign Up for the

"Maintain No Gain" Program

Registration Begins November 13th - November 19th

Training Programs Begins November 14th - December 31st

Members are Required to Weigh-in on November 21st or November 22nd

Final Weigh-in Will Occur January 1st - January 7th

Program Fees

12 - 30 Minute Motivators or Semi Private Training - \$462

12 - 1 Hour Training Sessions - \$732

Complimentary Training Session Will Be Awarded to Members
Who Are Able to Maintain & Not Gain This Holiday Season!

Program Includes:

- Accountability - Weekly Weigh - ins - Weekly Cardio Program - Resistance Training

SO HURRY AND CALL [201.444.4041](tel:201.444.4041)

or rsahoury@parisiusa.com

TO GET STARTED TODAY!

