



## NEW YEAR TRANSFORMATION BEGINS 1/2!

### 12 WEEK PROGRAM INCLUDES:

Orientation Session

24 Group Personal Training Sessions (2 per week)

The Ultimate, Simple Meal Plan Approved by Dietitian

Private Online Group for Q&A and Encouragement

Culminating Seminar on How to Keep the New You!

**In our last session, our Transformers lost an average of  
9% body fat and 14 lbs. each!**

Our incredible 12-week program was formed under the guidance of 60+ years of combined fitness experience between expert trainers Scott, David Y., David M. in conjunction with our registered dietitian, Amy M. Our "Transformers" lose weight, gain lean muscle, and work hard as a team to reach their goals!

**Our next 12-week session begins right after the New Year!**

**SAVE \$200 before 11/25 with PROMO CODE: EARLYBIRD  
(Regularly \$1050. \$850 with discount!)**

**\*\*The participant who lowers his/her body fat percentage  
the most receives the program for FREE\*\***

**Orientation for our next 12-week session begins 1/2/17.  
We make the personal training session times work for everyone!  
If you are interested in joining the program and have questions,  
email us at [tonezone4me@gmail.com](mailto:tonezone4me@gmail.com).**

**More details:**

**Who is the Transformation Program for?**

- 1) Those who are seeking to lose weight in a healthy, sustainable way.
- 2) Those who may not need to lose weight, but are seeking to tone up their bodies by losing body fat. Both have been extremely successful in our program. In fact, during one of our sessions, the person who lost the highest body fat percentage lost 35 lbs, while the person who lost the second highest body fat percentage only lost a few pounds because she simply didn't need to lose any more. Both participants transformed their bodies incredibly based on their own specific goals!

**Orientation includes:** Body fat analysis, dietary information, education on your metabolism, step-by-step instructions for how the program will work, and tips for success.

**Training sessions** will be scheduled throughout the entire week for your choosing.

Early morning, mid-day and evening times will be available.

Times will be determined at orientation based on participants' schedules.