



# FITNESS IMAGE RESULTS®

## Road To Fitness

Class Description- A low impact, low conditioning program designed for people wanting to learn how to workout. This program focuses on beginners and individuals interested in weight-loss and becoming FIT.

### **8 Week Re-Program Your Mind and Body Period**

- The first 8 weeks of the program will include a complete nutrition program and individual diet plan that will re-program your mind on how you think about foods and give you a plan on how to eat healthy. You'll have a choice of a 5 Week Restart Program with 90-minute classes 1/week or a 2-hour individual private nutrition consultation.
  - Receive a detailed eating plan
  - 3 Additional Weeks of online meetings
  - Weekly Support Group
  - Cookbook
  - Repeat RESTART program for life at no additional cost.
- While learning how to eat right, you'll be learning how to exercise correctly for your body type with a low-condition/impact Road to Fitness class Tuesdays/Thursdays at 5:30pm.
- Results are Guaranteed in only 8 weeks or your money back!
- After the 8 Week ("Re-Program") period you can continue the exercise program on a month-month basis for only \$99/month.
- **Cost for the entire program is only \$399.00 for Brambleton Residents (Use Coupon Code: Bram-Fit).** Non-Resident's cost is \$450.00.
- **Program Start/End Date- October 2<sup>nd</sup> to November 23.**
  - **Road To Fitness Workout- Tuesdays & Thursdays- 5:30pm-6:30pm**
    - 42255 Palladian Blue Terrace, Brambleton, VA 20148
  - **Nutrition RESTART- Wednesdays- 5:30pm-7pm**
  - 42645 Regal Wood Drive Brambleton, VA 20148
- **Only 15 slots available so sign up today!** <https://firesults.com/product/road-to-fitness-program/>