

REAL Changes for REAL People

# 80/20

BALANCE

MAC's 80/20 Balance will help you navigate through nutrition, fitness and life. This course provides relevant nutrition information and exposes you to various modes of exercise. Strict dieting and over-training are not sustainable. If 80% of the time you are eating well and exercising, you can live 20% guilt-free. Taught in a small group setting by a Certified Health Coach, 80/20 Balance will help YOU find sustainable balance in YOUR life. It's not about being perfect, it's about being the best you!

## TAUGHT BY: DARREN BURKE



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MS Exercise Science + Nutrition  
ACE Certified Health Coach  
NASM Certified Personal Trainer



**8 Week Session: July 10th - August 28th**  
**Tues + Thurs at 11:00 AM**

- ▶ Group meets twice per week for 8 weeks
- ▶ Tuesdays will focus on nutrition - class held in studio B
- ▶ Thursdays will be a variety of exercise classes taught by MAC fitness instructors
- ▶ Pre & post individual goal setting and assessment sessions
- ▶ 2 Individual personal training sessions
- ▶ Mid point check-in
- ▶ Total cost for 8-week session: \$299 (all included)

**MAC**  
MANCHESTER  
ATHLETIC CLUB