



Four Lakes Athletic Club's 8 Week Wellness Challenge

January 14 - March 5, 2020

Tuesday's & Thursday's 9:00-10:00am

(16 Total Sessions) \$240 members \$320 non-members

All sessions with Personal Trainer Rachel Person

Limited to 10 participants

*Program will include:

Before/after measurements

2 -45 min workouts/week

2- 15 min wellness breakout sessions/week

Highly recommended Apps to assist you goals

Weekly inspirational/motivational emails

Weekly handouts

Weekly challenges to accomplish

Folder to store all your info.

Accountability!

*Challenge Intentions:

Conquer workout fears

Learn to be present in our bodies

Practice self-kindness

Eat more mindfully

Add more daily movement

Set new realistic goals

Create new healthier habits

Get stronger (well duh!)

How to reduce inflammation

How to quit the gimmicks!

Increase flexibility

Add knowledge to your fitness game!

