

# PREMIER LIFESTYLE TRANSFORMATION

Are you ready to **LOOK BETTER, FEEL BETTER,**  
and finally make the changes for a **HEALTHIER YOU?**

*This 12-week all-in personalized program includes:*

- Comprehensive Life Style Assessment
- 90-Day facility membership
- Access to 69 LesMills group exercise classes a week
- Unlimited access to the MOVE IT Program (High Intensity Interval Training Workouts)
- 12 One on One Personal Training Sessions with our Certified Personal Trainers
- 30-Day supply of Shakeology
- Daily Precision Nutrition\* motivation, informational emails and check-in
- Weekly One on One nutritional consultation with a Precision Nutrition ProCoach
- Home & grocery store visits



\* Precision Nutrition Program: The main focus of the Precision Nutrition program is to strategically help improve eating habits within the context of your day to day life. Results last because it is built around sustainable habits, daily feedback, simple lessons and regular progress checks. Your coach will make home visits, help you clean out your pantry and take you shopping. This will change the way you look at life, food and address your psychological and emotional attraction to food.