

# Body by Arya

## 4 Weeks Fit Challenge

Your Jump Start to a Healthier and Happier  
YOU!

What is included?

- ~ 2 Fitness Classes per week ~ 1 Body by Arya class is mandatory (Thursdays @ 7PM or Sundays @ 10AM), second class can be your choice.
- ~ Weekly Meal Plans, Grocery List and Recipes
  - ~ Tips on how to stay on track
- ~ Private Facebook group ~ for daily support, inspiration and questions
- ~ Be a part of the Arya Family and meet new women who are on the same journey as you!



**\$149**

non-members

\*Current Members

**\$49**