



**A SPECIAL GIFT TO MEMBERS FROM OUR PERSONAL TRAINERS...  
TAKE CONTROL OF YOUR WELLNESS TODAY WITH**

## RESOLUTION SOLUTION 2014

Join our personal trainers for a comprehensive,  
results-driven wellness program to help you

**“CHANGE YOUR *WEIGHS*”**

Space is limited to **8 members** in good standing, ages 21+. Submit a 1 page essay explaining why this program would be most beneficial to you. Please include major health and orthopedic history.

Participants must be able to attend ALL scheduled workouts and events. Essays are due to [nbosleymith@thearenaclub.com](mailto:nbosleymith@thearenaclub.com) **NO LATER** than Wednesday, January 14<sup>th</sup>. Participants will be chosen January 16<sup>th</sup> and notified January 17<sup>th</sup>. Participants must be willing to have their results shared with our membership and the public.

### **Program Elements:**

- (3) group personal training sessions per week
- (4) nutrition lectures
- 3-week Nutrition Challenge
- (2) Fitness Challenges (Shamrock 5K registration included)
- Shakeology available to purchase
- Social Media integration
- Program T-shirt
- Pre-assessment & Post-assessment

### **Cost and Compensation:**

Member Fee: \$35  
(\$10 t-shirt, \$25 race registration)

**SPECIAL THANKS TO OUR PERSONAL TRAINERS WHO ARE  
DONATING THEIR TIME AND COMMISSIONS TO SERVICE OUR  
MEMBERS WITH THIS INNOVATIVE PROGRAM.**