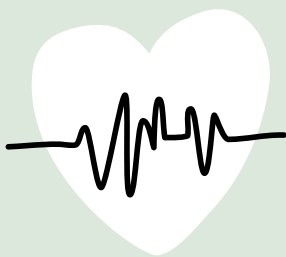


IT'S BACK! 100 DAY CHALLENGE

Starts September 30th

LIFESTYLE

- The focus of this challenge is to help educate our participants on sustaining a proper health and wellness lifestyle.



NUTRITION

- Each participant will receive a personalized meal plan and macronutrients based on their body composition, goals and health history.
- 4 Nutritional Workshops.

SUPPORT

- Each participant will be apart of a team
- Each team will have 2 coaches. A personal trainer and food coach to keep you on track during the **entire** 100 days.

ACCOUNTABILITY

- Weekly wellness tasks
- Food journaling along with weekly food journal check-ins, feedback and guidance.
- Weekly wellness workshops

EXERCISE

- Each participant will have a weekly exercise plan, that is aerobic and strength-focused to improve overall health and wellness.



FUN!

- Unlimited Alloy Team Training
- Team Challenges
- Building friendships for life!
- Weekly learning opportunities

COST

CBRC Members: \$449 one time payment or 4 installments of \$139 per month

Non-Members: \$659

(does include a 100 day single membership)

Discounted Add-Ons:

MYZONE Heart Rate/Calorie Tracking Belt
Personal Training and Small Group Training
Percussive Therapy

"Lifestyle of Wellness"