

GAME TIME PERFORMANCE

Presents the

2011

Resolution
Challenge

The New Year is here which means the chance for a new beginning. If your New Years Resolution is to lose weight or achieve optimal health then you owe it to yourself to join the **Game Time Performance Resolution Challenge!** Fad diets are difficult to follow and the results simply do not last! There is no replacement for "real food" nutrition and daily exercise. Our nutritionist and performance trainers will push you every step of the way. Learn how easy it can be to eat right and exercise at Game Time Performance. The 8-week Resolution program includes two group training sessions and one nutrition consultation per week. Challenge yourself to change your life today!

"Don't just make a resolution, accomplish it!"

8 Week Resolution Challenge

PROGRAM OVERVIEW

- ✓ Easy to follow Clean-Start diet
- ✓ Personal nutrition guidance
- ✓ Individual exercise assessment
- ✓ Challenging group workouts
- ✓ Group support and motivation
- ✓ Weekly progress assessments
- ✓ Lasting results!

Program developed and led by
Erica Brown, Director of Performance
Nutrition and Personal Trainer

PROGRAM COST

\$99 to register and only **\$39 per week!**
**Register online and get one week
FREE!**

Program Includes-

- ✓ Two group training sessions per week
- ✓ One nutrition consultation per week
- ✓ GTP registration/ insurance

That's over \$400 off our normal prices!!

Call or come by to register. Or register
online and get one week FREE!



Orientation Date: Sunday, January 23rd at 2 PM
Located at Game Time Performance
670 Route 33, Hamilton, NJ 08916 (Next to Staples)



Call Erica Brown at **609-228-3120** or email ebrown@gametime-performance.com