



Fitness World Invites You To Host A

30-DAY CORPORATE FITNESS CHALLENGE

Want to build unity, crush fitness goals and have fun with your co-workers and employees?

Fitness World can set up a 30-day Fitness Challenge for your business that will help everyone stay in shape and become closer as a team. Our Corporate Challenges are set up to provide all the tools you and your team need to be successful.

We do all the work for you; you just have to show up and be ready to sweat!



Invite your Friends & Family to Participate!

\$125 Per Participant | 30 Day Challenge includes:

- 2 1-on-1 Personal Training Sessions
- Assigned Personal Trainer
- 2 Small Group Training Sessions each week
- Nutritional Guidelines
- Free in-house Childcare

To get your Corporate Challenge set up, or for more details please contact DJ Elliker at **919.544.9000** or **DJ@FitnessWorldNC.com**