

# A New Year To Achieve "Max"imum Results 8 Week Interval Training Program

**Boost Your Metabolism  
Build Muscle  
Lose Weight**

**Program Begins**

**January 7th**

**\$100 Until Dec 15**

**\$120 After Dec 15**



**Max's Transformation  
100+ lbs. Lost**

- ◆ Weekly Giveaway
- ◆ Virtuagym Fitness App
- ◆ Friday Day Pass with a Workout Plan
- ◆ Choose From Circuit, Tabata, or Sculpting classes (Mon. & Wed.)
- ◆ Learn the Tips and Tricks I've personally used to lose over 100 pounds
- ◆ Each week, I'll monitor your weight loss, you'll log your day's food and activities
- ◆ The person with the largest percentage of weight lost wins the Grand Prize
- ◆ Class size limited for individual attention

**Scheurer**  
Better Health. Better Life.

**SANDY SHORES  
WELLNESS CENTER**

Call for more information

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