

CHALLENGE

JANUARY 6 – MARCH 27, 2010

MISSION

The Endorphin Fitness Challenge allows you to set a fitness-related goal and execute the steps necessary to reaching that goal through weekly group workouts and unlimited contact with your personal trainer. By setting challenging yet attainable goals that excite you, you will have the foundation for adopting healthy lifestyle choices in your daily routine. We want you to embrace health and fitness. You may just surprise yourself with what you are capable of.

PROGRAM DETAILS

- 2 days/week for 12 weeks
- Wednesday and Friday nights, 6:00pm-7:00pm
- Different group classes each week/session
 - > Cardio Circuit
 - > Strength Circuit
 - > Boot Camp
 - > Stretch-X
 - > Butts and Guts
 - > Peak Experiences
 - > 3 Day Fitness Challenge
 - > Group Runs
 - > Plyojump
 - > Cardio Kickboxing
 - > Yoga
 - > Power Ball
 - > Chest and Back

ENDORPHIN FITNESS CHALLENGE EVENTS

- **Endorphin Fitness Field Day**
A field day event culminating the last three months of fitness training. This will involve relay races, obstacle courses, and other tests of strength and endurance.
- **Endorphin Fitness Rock Climbing Field Trip**
Location: Peak Experiences, Midlothian, VA
This is a rock climbing event hosted by Peak Experiences. Great test of both upper and lower body strength and an absolute blast!
- **Ukrop's Monument Avenue 10K**
Date: Saturday, March 27, 2010
This will be our final event, and it will be team based. This will be both a fun way to end the session and show your progress in cardiovascular strength and endurance.

PRICING AND INFORMATION

\$375.00 per person (includes 21 group classes, registration for Mon. Ave 10K, 3 Fitness Challenges, expert coaching for exercise, nutrition, and lifestyle)

*Payment plan options available.

Contact: 804.741.1599, info@endorphinfitness.com