



REACH HEALTH FITNESS

30 Days to Reach your Goals
Group Training Times Based on
Monthly Availability

Members: \$200
Non-Members: \$250

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REACH

30-DAY
CHALLENGE

Health and Fitness Coaching



ARE YOU UP FOR THE CHALLENGE?

Give us 30 days of everything you've got, and we will give you an arsenal of knowledge and skills to achieve your fitness goals! Using a macro-nutrient based diet, multiple group training sessions per week and weekly lifestyle goals, we can not only promise you results in 30 days but show you how to be successful long after your time with us!

30 DAYS TO REACH YOUR GOALS

- Individual goal setting session and weekly tracking of progress
- 2 group personal training sessions per week
- Access to other group exercise and yoga classes
- Weekly healthy living "homework" assignments and informative handouts
- Personalized diet plan based on Macronutrients
- Free Fitness Tracker!