

TSPOT TakeDown Challenge™

Begins Friday February 25th

Ends on Saturday April 9th

only \$250.00 to enter!

The TakeDown Challenge Includes:

- Individual weekly menus
- Weekly grocery lists
- C's healthy easy "family-style" recipes
- Fresh weekly prepared meals if you choose (for an additional fee)
- Weekly progress assessments
- Weekly journal appointment
- Weekly training/cardio recommendations
- Free Boot Camps 2 x week for 6 weeks

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1st Place: \$600 in Personal Training

2nd. Place: \$250 cash or Personal Training™

3rd. Place: \$125 cash or Personal Training

SPACES ARE LIMITED! SIGN-UP TODAY!

BOTH TSPOT LOCATIONS ARE PARTICIPATING!

YOU DO NOT HAVE TO TRAIN HERE TO PARTICIPATE
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The Training Spot 440 Main St. 714-374-7448 • 16942 Gothard St. 714-841-9294