

Anytime Fitness Wayne County Corporate Challenge

Dear

It's that time of year again when most of us have jumped head first into our New Year's resolutions just days after asking ourselves these questions... "Is 2018 the year that I'm going to get in shape? What gym am I going to join? How much weight do I want to lose? I'm gonna quit smoking and get healthy!" These of course are just a few of the many aspirations we always hear. Unfortunately most of us have given up on these goals after day 15 and then we just wait another 350 days to try again.

Here at **Anytime Fitness** we've realized that if we can't show results in the first **21 days** of someone joining our facility then the likelihood of us retaining them long term drops significantly. Because of this we've started using our now popular **21 Day Challenge** to get people *real results real fast*. We've found that in order for people to truly enjoy getting healthier they must have all of the tools necessary to stay Motivated, they must have a sense of Accountability and most people certainly enjoy a Challenge! Here's what our **21 Day Challenge** consist of:

***24hr Access to Anytime Fitness**

***Meal Plan**

***2 Assessments (before and after to measure progress)**

***Body Weight, *Body Fat**

***Body Mass Index, *Circumference Measurements**

***Range of Motion Screening, *Strength Test**

***9 Small Group Personal Training Sessions**

***Focused on Strength and Toning**

***Unlimited Large Group Sessions**

***Focused on Fat Burning**

We are looking for 2 Companies in Wayne County that have at least 5-10 people that want to take part in our 21 Day Challenge. The winning company gets bragging rights and public recognition for their accomplishments. The Challenge Participant who loses the most body fat percentage will win a **6 month membership** to our facility!

Most importantly we want to introduce everyone to a program that gets *real measurable results* so they can again feel good about themselves, have more energy to play with kids or grandkids, **improve their work performance** and ultimately get their quality of life back to where they think it should be.

The cost for each Challenge Participant is only \$99 each. When doing the math the value is easy to spot: \$99/avg 15 sessions = \$6.60 for a hr Personal Training Session!! You'd be very hard pressed to find this sort of deal anywhere. To top this off I want to give you an additional discount all the way down to \$79 if you can get 5 or more participants involved! If this awesome deal interest you I'd love to discuss this more in detail to answer any questions you may have! Thank you so much for reading the full content of this email and I look forward to hearing from you!!

Shane Barker

Anytime Fitness

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