



## **FIT PLUS: FIT & FIERCE 60 DAY FITNESS CHALLENGE 2012 February 18, 2012 – April 18, 2012**

***Reach your fitness goals and transform your body  
with our 60 day lifestyle and fitness challenge!***



Solão Fitness invites you to join the Fit Plus: Fit & Fierce Fitness Challenge 2012. Compete in a fun lifestyle and fitness challenge designed to jump start healthy habits that will help participants feel better, look better, and live longer, healthier lives.

Participating in the Fit Plus: Fit & Fierce Fitness Challenge 2012 is an excellent way to not only lose unwanted pounds and inches, but also increase your strength, tone and sculpt your muscles, improve confidence and keep you looking and feeling great! In our weekly check-in sessions, we'll talk about strategies for staying healthy around friends and family, in social situations, on vacation, etc. There will also be mini-challenges to help keep you on track you can complete at home, in the studio, on travel – wherever!

### **Kick-Off Fit Plus Fitness Challenge Sample Classes:**

**Monday, February 13<sup>th</sup> @ 6p & Wednesday, February 15<sup>th</sup> @ 6:30p**

Then join us at either of the two orientation sessions as we answer all of your questions and celebrate your commitment to being fit and healthy!

### **Orientation and Information Sessions**

**Saturday, Feb. 18<sup>th</sup> @ 12:30p; Sunday, Feb. 19<sup>th</sup> @ 12:30p**

#### **Solão Fitness and Dance Studio**

**1800 N. Western Ave. Chicago, IL 60647**

**Entry Fee: \$249** (Solão Annual Member Fee: \$149)

Entry fee includes unlimited Fit Plus Challenge Classes and a 15 Class Pass to use toward any Solão Fitness weekly drop-in class during the competition; bi-weekly weigh-ins; fitness and nutrition workshops/sessions personalized fitness and nutrition programs, professional coaching and more!



***Register by Friday, Feb. 17th and take \$25 off your registration fee!***

To register, visit the studio or [www.solaofitness.com](http://www.solaofitness.com). For more information call 773-235-7500 or email [fitplus@solaofitness.com](mailto:fitplus@solaofitness.com)