



16 WEEK CHALLENGE

THE PATH TO A BETTER YOU

February 20 - June 12, 2017

How committed are you to being
the **best you can be?**

Take part in this 16 week challenge, and we will help you amaze yourself!

This program works because it combines:

- One-on-one goal monitoring and motivation
- Expert nutritional counseling
- Individual workout plans and coaching
- Weekly seminars that dispel the myths and make you smarter about what to do and what to eat
- Fun and challenging group exercise classes

DETAILS ON BACK





16 WEEK CHALLENGE

This program will run from February 20 to June 12, 2017 and be **limited to the first 50 participants**.

PRICING

\$99
FOR THREE
TRAINING
SESSIONS

PLUS
\$59/ Mo.

**You Save \$300* on
this \$600 Value!**

* Based on non-member
pricing

**ONE YEAR
FREE
CREST
MEMBERSHIP**

**GRAND
PRIZE**

Will be awarded to the participant with the best results -
but really, everyone will be a winner!

Each week of the Challenge, your schedule will be as follows:

Individual workouts according to your personalized program

Wide Variety of Classes:

Take one in the morning, or one in the evening

Saturday Morning Seminars - 11am

So you will know what the physique athletes, fitness models and stars know about achieving body goals and also know why nutrition and rest is the **ONLY** thing that gives you results from your workout program.

During the Week

Individual nutritional counseling, workout program assessment and goal monitoring

During the 16-Week Challenge, every participant will receive points for the various activities they complete, so while there may be several participants with amazing results, the one who has made the greatest commitment to look their best and participated in all that the challenge has to offer will be victorious.

Your Question: How can this program be so different, so comprehensive, so effective, and so reasonably priced?

Your Answer: Because owner Nick Kentrolis will be leading the program with his team of Fitness Coaches, and they have the experience, knowledge and a dedication to each participant's personal success. Nick's personal training client roster includes many athletes, actors and actresses, fitness models and body builders - and now he wants to put that expertise to work for you! And, The Crest has the best equipment in the region, and is a top-notch facility.

THE BOTTOM LINE

ASK YOURSELF THIS QUESTION:

If I keep doing what I am doing, will I be where I want to be by this summer?

If the answer is "NO," then call 910.509.3044 today to be sure you will have a place in the Crest 16 Week Commitment Challenge!



910.509.3044



1962 Eastwood Rd., Lumina Commons



crestfitness.com