

RAISE^{the}BAR

Weight Loss Challenge

**Comprehensive 8-week Program
Runs March 15th – May 10th**

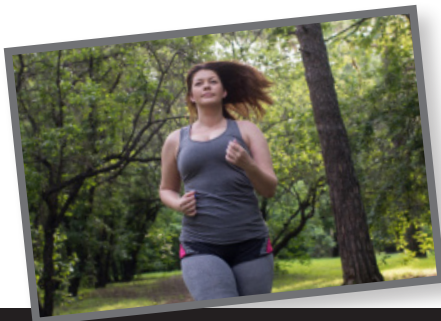


The participant that loses the greatest percentage of body weight will receive three 1/2 Sessions of Personal Training at the end of the 'Raise the Bar' Challenge!

Program includes:

- Personal Coaching Sessions
- Educational lectures
- Weight loss workouts
- All programs led by certified Personal Trainers!

Gain accountability, knowledge and the support you need to reach your health and wellness goals! Two Personal Coaching Session options available to suit your individual needs.



Raise the Bar:

2 - Full sessions of individual coaching focusing on nutrition and exercise for weight loss.
Investment = \$104.00

Raise the Bar Higher:

6 - Full sessions of personal training, with individual coaching focusing on nutrition and exercise for weight loss.
Investment = \$282.00



To sign up, or for additional information please see Ranch Reception
(352) 861-8180 | RanchOcala.com | 8385 SW 80th St., Ocala, FL 34481