

A group of people, including men and women, are running in a gym. They are wearing athletic wear like tank tops, leggings, and shorts. The background shows gym equipment like pull-up bars.

**NEW
SUMMER
SESSIONS!**

GET LEAN TEAM CHALLENGE

**JUNE 3- JULY 4
& JULY 8 - AUG. 8**

Teams meet 6 days a week for 30 days.

EARLY MORNING TEAM

M-F, 6-6:45 a.m. & Sa, 7:30 a.m.

MID MORNING TEAM

M-F, 8:30-9:15 a.m. & Sa, 8:30 a.m.

EVENING TEAM

M-F, 5:30-6:15 p.m. & Sa, 9:30 a.m.

This 30-day challenge is a serious commitment to consistent exercise and nutrition that will result in significant weight loss while retaining lean muscle. The challenge is simple and scalable, built for all fitness levels, and based on a proven team format with daily coaching support and accountability. Previous participants have lost over 30 pounds and greatly improved their health and fitness. Complete this challenge and be inspired to create the best 2019 possible!

PROGRAM INCLUDES:

- Goal-setting meeting
- Weekly body composition testing
- Nutrition guide
- 24 small group training sessions

Limited space. Contact Coach Justin to register. | JustinE@bellevueclub.com | 425.293.3889