

# INFINITY FITNESS

**TOTAL**  **HEALTH**  
*Immersion*s

## ***21 Day Plant-based Challenge***

This three-week education and fitness challenge will walk you through the basics of a plant-based diet and the countless benefits it poses including weight loss, chronic disease prevention/reversal and long-lasting energy. The fitness classes will give you just the workout you need. Please come and join us! Sign up with a friend!

**Cost:           \$399**

**Dates:           January 18, 2016 to February 8, 2016**  
**Each Monday, Wednesday, Friday**

**Schedule:   11:30 AM – 12:00 PM Optional Q&A**  
**12:00 PM – 12:55 PM Educational Session**  
**1:00 PM – 1:45 PM Fitness Class**

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- Stop in or call us to reserve your spot!
  - Bloodwork Screenings Available
  - Open to Infinity Members and Non-members
  - Educational Sessions Available On-line For Missed Sessions

***All Classes Held At:***  
***Infinity Fitness***  
***70 Pine Street***  
***New Canaan, CT***  
***203-594-1429***



**21 Day Plant-based Challenge**  
**January 18, 2016 – February 8, 2016**  
**Infinity Fitness ~ New Canaan, CT**



**Registration Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Country: \_\_\_\_\_

Email: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

Gender: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Introduced to Challenge from?  Email  Brochure  Infinity Fitness  
 Website Which site? \_\_\_\_\_  
 Facebook  Twitter  
 Other: \_\_\_\_\_

**RETURN THIS FORM AND PAYMENT TO INFINITY FITNESS**

**Cost: \$399 per person payable by cash, check or credit card**

**Dates:**  
**Mondays: January 18, 25 and February 1, 8**  
**Wednesdays: January 20, 27 and February 3**  
**Fridays: January 22, 29 and February 5**

**Schedule:**  
**11:30 AM – 12:00 PM Optional Q&A**  
**12:00 PM – 12:55 PM Educational Session**  
**1:00 PM – 1:45 PM Fitness Class**

**CHECK THIS BOX if you understand the terms governing this program on this date (read below)**

- **Before starting any fitness or nutrition program, please consult your physician.**
- Your participation in the Program is completely voluntary and there is no guarantee of results.
- You release Infinity Fitness, Total Health Immersions, LLC and the Program for any known/unknown, existing or future claims related to your participation in the Program, including, but not limited to, those based on personal injury and/or negligence.
- I understand that my results may be confidentially included in aggregate studies and program reporting purposes.
- All sessions held at Infinity Fitness, 70 Pine Street New Canaan, CT. Contact Infinity at 203-594-1429 with questions.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

\*By providing your email and mobile phone number, you agree to allow Total Health Immersions and/or Infinity Fitness to send you phone, email or text messages regarding programs. Your information will NOT be sold or shared to any other party or organization for any other use.