

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***