

START DATE

**AUGUST 9
@ 7am**

8 Week Transformation

Registration OPEN

**CLOSES WHEN
FULL**

Training by "Coach" Calvin

With over 30 years of training experience, Calvin has a proven method that gets the BEST out of you for maximum results. With a perfect mix of weekly High Intensity training, daily on-line support and sustainable food adjustments, you CAN exceed your goals!

Schedule

1st Session ONLY: Wed, Aug 9 @ 7am

**Remaining sessions on Saturdays @ 7am
Aug 19, Aug 26, Sept 2, Sept 9, Sept 16, Sept 23 &
Sept 30**

\$200

➡ HOW to register?

**Send your name and contact info to:
Chasetheburn@bodiesandbeyond.com**

We will respond with release form and payment methods. Registration is complete when payment is received & receipt sent.

Final email will provide ZOOM LINK, Private FB page and more, prior to start!

Questions?.... Call us @ (804) 732-0936