



EMERGENCY BIKINI DIET CHALLENGE

6 Week Quick Weight Loss Program

by Sarah Bernhoit, RD and FitBar at Living Fitness

*The Diet Secret is in the sequencing of protein throughout program.
This program makes weight loss a fun and less painful experience!*

\$249

***Includes 6 weeks of
Unlimited FitBar Classes***

Details of the program:

- Participants will be placed on teams depending on which days of the week they plan on attending classes. Teams will be named after divas, i.e Team Britney, Team JLo, Team Gaga. Divas know what it takes to lose weight quickly when it comes to performance time, video and photo shoots.
- Prizes will be awarded to the top 3 individuals who lose the most weight, as well as the winning team.
- Program is 6 weeks in length beginning June 13th and ending July 23rd.
- You may pick up your program anytime between Thursday 6/9 and Monday 6/13.
- Participants are encouraged to take at least 3 FitBar, BootyBarre or Piloxing classes per week.
- Team weekly weigh-in results are posted on our Facebook page each week.

Your Program Includes:

- Entry Fee for the Diet Challenge
- 6 Week detailed, easy to follow diet plan with weekly grocery lists and 10 minute food recipes (programmed by an RD who is also a busy mom and knows value of simplicity)
- Detailed diet journal for you to keep track of your diet, workouts and results!
- Community support in classes and on Facebook
- Weekly weigh-ins for accountability
- Unlimited email support with Sarah Bernhoit, RD, creator of the program
- In-depth, more individualized nutritional counseling available at a discounted rate

How To Purchase:

In Studio at Living Fitness M-Th 7a-6p, Fri 7a-1p

By phone: 949-640-2300

Online: www.fitbarstudio.com. Click on FitBar, then studio schedule and create online account. Click on "online store", then Group Fitness, then "Emergency Bikini Diet Challenge w/Classes".



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