



Burlington
KRAV MAGA

30 DAY CHALLENGE

Get Ready To HIIT It!

January 15th-February 19th

Start Your NEW YEAR Off With **RESULTS!**

Get toned muscles & a leaner healthier body in 30 Days!

- What:**
- HIIT (High Intensity Interval Training)
 - 1 Hour Session; 6 days a week; for **30 days**
 - Receive a Nutrition Guide, Food Journal, Recipe of the Day, Stretching Exercises, Daily Support & Encouragement, Diet & Food Tips and MORE!

Where: • Burlington Krav Maga

When: • Mon-Fri 6:30-7:30 pm; Sat 8:00-9:00 am

Who: • Fitness Instructor Shannon Wiggins

Cost: • Only \$40 (averages to ONLY \$10 per week... less than \$2 per class)

Average weight loss can range from 5-15 lbs, up to 4 inches from your waist, and 5% body fat (results vary)



**ARE YOU UP FOR THE CHALLENGE?
SIGN UP TODAY!**

www.bkrav.com

336.270.3005

Space Is Limited

1147-A Saint Marks Church Rd. • Burlington, NC 27215