

UPCOMING SPRING EVENTS

APRIL 8TH | 7-8PM

Education Event w/ Megan (\$25/Ticket)

Meal Timing for Fat Loss - How to gain control of your snacking

You've heard about intermittent fasting and maybe even how effective it can be. And, maybe you've even heard Adrien and Megan talk about gaining greater awareness of your cravings and your need for that mid morning or late afternoon snack. So, what should you do given your super busy lifestyle? What foods are the best for keeping those HANGRIES (hungry and angry combined) away? Come to our Education Event to learn what is going on when you are unable to get to the next meal and simple ways to keep calm in the face of the HANGRIES!

APRIL 27TH | 4-6PM

Client Appreciation & Carpenter's Shelter Event

Join us for wine and cheese and to learn about our "Spring to the Top" Fitness Challenge and HUGE NEW Referral Specials. Enter our raffle to win prizes including a free personal training session, free 60-min wellness visit w/ Adrien, free Nutrition session w/ Megan, free Fitness on the Run gear, and more! (for every friend you bring, you get an extra raffle entry!)

The Executive Director of the Carpenter's Shelter has some exciting things to share with the FOR community. Join us as we learn about their new complex, how they are working to eliminate homelessness in Alexandria, and how we can all do our part to help make a difference.

APRIL 27TH-MAY 25TH | SATURDAYS AT 10AM

5-week Flow Program w/ Marlon

Need some ideas on how and what to do for your morning 5-Minute Flow? Look no further! We've got you covered. Come learn from Marlon the simple movements you can use to jump-start your 5-Minute Flow each morning! 5 weeks for \$349. *There are no make up sessions.

JUNE 3RD | 7-8PM

Education Event w/ Megan (\$25/Ticket)

Making Sense of Paleo, Keto, and Macro Counting

Spring Challenge

SPRING TO THE TOP FITNESS CHALLENGE

- Client who attends the most personal training sessions between April 15-May 15 will receive (5) FREE Personal Training Sessions (\$445 value!). Second place will receive 10% off their next PT package!
- Client who attends the most classes between April 15-May 15 will receive (1) FREE month of Unlimited classes (\$199 value!). Second place will receive 10% off their next Class package!
- PLUS each week there will be a raffle for FREE Fitness on the Run gear!

**Be sure to put a check next to your name on the whiteboard each time you attend a session or class, and also add your name to the raffle after each visit!*

New Specials

REFER A FRIEND SPECIAL

- Refer (1) person, receive (1) FREE Personal Training session with the trainer of your choice
- Refer (2) or more people, receive (2) FREE Personal Training sessions with the trainer of your choice PLUS (1) FREE 60-min Wellness Visit w/ Adrien

BUY 5 GET 1 FREE SPECIAL

Buy a 5 Personal Training Package, get a 6th session FREE (\$95 value)