



4 WEEK PROGRAM • STARTS WEEK OF JANUARY 15

**KICKOFF: SUNDAY, JANUARY 14TH AT 6:00PM • FOOD TALK WITH CHEF FALLON ACHAS**

**SHRED IS** a 4 Week Program designed to transform body composition.

**SHRED IS** a journey to learning the good and bad of "added sugar" consumption.

**SHRED IS** an intermediate to advanced program for members and non-members!

**SHRED ISN'T** easy, but you don't want easy. You want **RESULTS!**

SHRED participants will be required to meet with their Personal Trainer/Coach once a week for a group accountability workout and a required 4-Week Training Plan involving a mixture of yoga, indoor cycling, strength, and high intensity interval training components. Participants will be held accountable in completing their weekly training through a provided punch card. There will be initial measurements and weigh-in at the kick off and again at the conclusion of the program.

SHRED participants will follow the nutritional guidelines set forth by the USDA Dietary Guidelines and the American Heart Association with respect to the daily intake of "added sugars". The AHA recommends no more than 37.5 grams for men and 25 grams for women of "added sugars" per day. The overall nutritional goal is to provide education, accountability, and information on foods by promoting healthier choices without added sugars. For more information please call 697-8727.

Register online at [www.powerworkschatham.com](http://www.powerworkschatham.com) or come in and see us at **POWERWORKS FITNESS!**

**COST: \$60 MEMBERS / \$100 NON-MEMBERS** (Includes a membership for the duration of the program)



**TRAINERS AND START DATES:**

Tuesday / January 16 • 5:15AM – Kira Schershel

Tuesday / January 16 • 8:30AM – Colton Schreyer

Thursday / January 18 • 4:15PM – Alisha Jackson