

# Join our "Get Fit for Summer" Weight Loss Challenge! and Nutrition Class

Join us whether you have 5 pounds  
or 200 pounds to lose!

- 10 Week Program
- Free Nutritional Information
- Free Personal Coaching
- Free Metabolism Test
- Fun, friendly, life-changing!
- One time \$35 Registration Fee
- Cash \$\$\$ awarded to the winners!
- Use our weight loss program or use your own

**Our last Challengers lost 120  
pounds in 6 weeks!**

What a happy Challenger said:

"This experience completely changed my life! I wish someone had taught me all of this information years ago."



Tuesday July 6<sup>th</sup> through Tuesday September 7<sup>th</sup>  
Two time slots: 6:00pm-7:00pm and 7:30pm-8:30pm

We can only take 25 people per class. Spots fill up quickly so pre-register today!  
Bring a friend, get \$3 off. Bring 2 friends, get \$6 off. Bring 3 friends, get ½ off!

TO RESERVE YOUR SPOT: EMAIL [kristi@2kfitness.com](mailto:kristi@2kfitness.com) and  
mail payment to: Kristi Roberts, 10537 Slater Ave. Fountain Valley, CA 92708

For more details visit: [www.2kfitness.com/Challenge.html](http://www.2kfitness.com/Challenge.html)