



...results that stick NEWSLETTER

In This Issue

About our NEW 30-day challenge

- Inside this edition we outline exactly how our new 30-day challenge works.
- Starts 6th September
- Total investment is just £195

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30 DAY CHALLENGE

Welcome to our latest edition of our newsletter. This edition is dedicated to our NEW 30-day challenge starting SEPTEMBER 6th. This is a wonderful opportunity to kick-start some fabulous results following the summer hols.

So, what is the Gloo 30-day challenge? For 30 days we will keep you accountable, provide the training and guide your nutritional choices to help you accomplish a fabulous result in, yes, 30 days. And, we'll do it in a way that is sustainable i.e. that won't feel like a diet or like a boot camp you just can't continue in the longer term.



How the 30-day challenge works

Simple. We kick things off on *Monday 6th September*. All registered clients weigh in on the Monday and Tuesday. During your weigh-in, we assess your body composition i.e. what you are made of (nothing too scary) but enables us to personalise your program and track progress.

We will set a clear road map for your 30 days personalising a nutrition and cardio plan with you and, of course, booking in your 2 sessions a week of personal training.

The challenge is designed to raise your metabolism, build new habits and accelerate fat loss!

We have a brand new Tuesday night seminar to attend.

You will learn more about managing some important weight loss hormones, how to eat for fat loss and you will leave crystal clear about what you will need to do over the coming month to attain a breath-taking result you will be proud of. Attend, ask questions and leave feeling motivated and confident you can do what you need to get the result you want.





Supermarket Tour

We will be taking you around the supermarket too showing you what to buy and what to stay clear of. You will learn how to add better snacks into your normal day and make sure nutrition is no longer your weakness but your strength as you begin to create results that truly stick.

These are scheduled during the first week of the challenge to attend to help you plan and shop right from the start.

You might have heard of the phrase: proper prior planning prevents pretty poor performance (7 Ps of success). We'll make sure you make this challenge a success.

Daily Cardio

Attend Gloo daily if you can. We offer daily group cardio for every challenge client. It doesn't matter what ability or experience you have, our cardio classes will help you burn calories, have some fun and get those much needed feel-good endorphins flowing.

We offer a range of weekday morning and evening classes as well as an 8am Saturday morning session too.





Get Your Mojo Back

The total investment for 30 days of fitness is just £195. Yes, just £295. This includes all cardio classes, the accelerated fat loss seminar, the supermarket tour and the twice a week one-on-one Personal Training.

Just imagine how good you will feel going into Christmas this year..

START SEPTEMBER 6TH

Week 1. Weigh-In Monday or Tuesday

2nd session Wednesday, Thursday, Friday or Saturday. Plus daily cardio. And attend supermarket tour and our accelerated fat loss seminar.

Weeks 2-3. Attend daily cardio and twice a week personal one-on-one training.

Week 4. Monday, Tuesday or Wednesday - final PT session. Final cardio sessions. Thursday and Friday - results day. Your review with 2nd weigh-in.

Come and see us.

Book your place.

CALL 01789 268 068



The Sticky Fitness Company