

# SPRING BREAK CHALLENGE

**8-week challenge to get in shape for spring break!**  
**Begins February 25**

Choose your exercise pathway –  
mass building or weight loss

## **Individualized Programing**

Progress Tracking

**In-person training**  
**1-2 days/week**

Weekly emails containing  
nutritional guidelines and advice

**24-hour turn around**  
**email support**

\$225



Space is limited, to register  
contact Rich Plonski at:  
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