

“RESET” Strength Series

Hosted By: Paige Eliason

Wrap up your summer and join Paige's **8-Week Gym Challenge**! Whether you're looking to build muscle, shed some fat, or just get fit, this challenge is for you!



What to Expect:

- **Weekly In-Person Workouts:** Every Saturday at 9:30!
 - Join every week for a dynamic, coach-led workout session designed to build strength and boost your conditioning.
- **8-Week Strength & Conditioning Program:** To further help you reach your fitness goals outside of our in person classes every week, you will be given a comprehensive 8 week progressive program aimed at muscle growth, fat loss, and overall fitness improvement. This is your roadmap to a stronger, fitter you!
- **Weekly Challenges & Habits:** Take on weekly challenges and build healthy habits to earn points. Stay motivated and push yourself to the top!
- **Competitive Edge:** Compete with fellow participants for the highest score based on challenges completed and habits achieved.

At the End of the Challenge:

- **Grand Prize Winner:** The participant with the most points at the end of the 8 weeks will win and receive a prize!



Challenge Dates: September 14th - October 26th



Location: Cascade Athletic Club



Time: Every Saturday at 9:30am



Cost: \$360 + tax for the entire 8-week program, weekly coach led classes, 8 week strength training and conditioning workout program, weekly challenges, nutrition guidance, motivation, and accountability coaching



How to Join:

1. **Sign Up:** Sign up with paige- 360-784-0838
2. **Get Ready:** Prepare for a transformative journey with personalized workouts and exciting weekly challenges.
3. **Give Your Best:** Show up, push your limits, and enjoy the process!

Don't miss out on this opportunity to reset your fitness goals and have fun while doing it.

Contact paige to learn more: 📞 360-784-0830 ✉️ paigeeli98607@gmail.com 🌐
@paige.at.cascade

Let's end summer with unforgettable strength, fitness, and friendly competition! 🌟

Join today and let's achieve greatness together!