



# Get Ripped in the New Year



- Presents -

## Get Ripped in the New Year!

Join us for a fun evening of health, fitness and education. Whether you are looking to fulfill a New Year's resolution, trying to lose weight in 2014 or just interested in learning about living healthier, this energizing event will motivate and inspire you to reach your Goals. **Innovative Strength and Conditioning** and **Complete Health Fitness** have teamed up to give us one **FREE** buddy boot camp group training session. (all levels)

There will be six workout stations lead by our innovative Coach Austin Gwaltney. You will also learn stretches that can be done anytime, anywhere in any clothing regardless of your fitness level.

There will be Special offers (pricing) for Training (Individual/Group), Neuromuscular/Bowen therapy and more.

So bring a buddy, come in workout attire and get ready to take the New Year by storm!

**\*\*Note\*\***

At check-in everyone will have to complete a "Liability Waiver" (parent and/or guardian must be present). Childcare will not be provided.

*January 16, 2014*

**6:00 PM - 7:00 PM**

**Homewood Suites Roseville**

*(Meeting Room: The Ridge)*

401 Creekside Ridge

Roseville, CA 95678

**(916) 783-7455**



**RSVP**

*at CompleteHealthFitness.com*

# Experience a Healthy 2014



**Don't Miss Out! RSVP Now!**

RSVP to [BowenTherapist@CompleteHealthFitness.com](mailto:BowenTherapist@CompleteHealthFitness.com)  
or by calling (916) 704-7873