

# **FIT-traxx™** will have you on the path to guaranteed results in **JUST 4 WEEKS!**

## **SMALL GROUPS, BIG RESULTS**

**FIT-traxx** is Global Fitness' incredible group training program that is scientifically designed to help people of all ages, shapes and sizes melt fat, increase energy and build strength and tone in only **FOUR WEEKS!**

A **FIT-traxx Coach** guides you through every single step from your strength and cardio workouts to nutritional strategies that will give you all the answers you need to finally get the results you want.

## **THE FIT-traxx WORKOUT**

**FIT-traxx** incorporates the latest research in exercise science, physiology and kinesiology to get you **MAXIMUM** results.

During **Week One** you will work on your strength base. Each exercise will have a beginner, intermediate and advanced option so you can get the best workout possible.

In **Week Two** we add stability training to your workout. By challenging your core and stabilizer muscles, your body works in a totally different way and results are accelerated!

The focus for **Week Three** is on muscular endurance. This is where you pick up more energy for everyday activities and burn incredible amounts of calories.

During **Week Four** you will do a variety of functional movements using very little or no equipment. These exercises will push your results right to the next level.

## **THE SUPPORT**

The support is what **REALLY** makes **FIT-traxx** special!

After you complete a nutrition recall, your **FIT-traxx Coach** will work with you to develop nutrition strategies to accelerate your results. Each week your **Coach** will help you make minor nutrition changes that add up to major differences in the way you look and feel!

We include Body Composition testing and measurements with each **FIT-traxx** program. These numbers are critical in determining where you are and how far you have come. Your **Coach** will also provide weekly fitness handouts that will give you tips on how to make the most of the days in between your scheduled session so you get even better results!

You also get the encouragement that only Group Training provides. **FIT-traxx** is all about "strength in numbers!"

## **100% SATISFACTION GUARANTEE!!!**

We **KNOW** **FIT-traxx** works. That's why we offer a **100% SATISFACTION GUARANTEE**. If you aren't happy with your results after following your **Coach's** guidelines and attending all your scheduled **FIT-traxx** sessions, we will refund every nickel. You have nothing to lose except unwanted inches and pounds!

**"DO IT! It is as good as a personal trainer but with friends to help motivate you and share in your successes." – Michelle B., 39**

## **FREQUENTLY ASKED QUESTIONS**

### ***Who can do FIT-traxx?***

Almost anyone can do a **FIT-traxx** program as every week and every station will have multiple options to accommodate any fitness level!

### ***Why does FIT-traxx work?***

It starts with the program design. Simply put, **FIT-traxx** incorporates the right exercises in the right order. The next key is working under the supervision of a **Certified FIT-traxx Coach** who ensures you maintain proper form and high effort for all four weeks. Combine that with improved nutritional habits and you're on your way to being stronger and more energetic than you've felt in years!

### ***How often do I do FIT-traxx?***

You can choose either a 2-day per week program or a 3-day per week program. Each **FIT-traxx** session lasts about 45-50 minutes followed by a **FIT-traxx** cardio session so it is very convenient and time-efficient.

### ***Do I have to diet?***

Proper nutrition is critical to overall health and loss of body fat. Your **FIT-traxx Coach** recommends small changes in your nutritional habits that add up to major results when it comes to feeling and looking better!

### ***What happens after I finish FIT-traxx?***

**FIT-traxx** is a great way to end a "results rut" or you can do it again and again. Since we are constantly changing and updating the program, no two **FIT-traxx** programs are alike. No matter how many times you do it, you'll continue to be challenged and your results will never stop! Plus repeat customers can save up to \$30 off additional programs.



# DON'T Take Our Word for It! Here's What a Few **FIT-traxx™** Participants Have to Say:

"I lost about 30 pounds in the first 4 sessions. I can actually do a push up for the first time. It's a great overall workout and the trainers are fun." -- **Jenn A., 35**

"I lost 2 pounds and 4 inches in only 3 weeks! **Fit-traxx™** is awesome! If you're looking to lose inches, **Fit-traxx™** is the way to go!" -- **Risa G., 42**

"If you want to jump start your fitness program and to get into shape the fastest way possible with great support, then this is the program for you!" -- **Sophia B., 53**

"My friend said **Fit-traxx™** was a fun and effective way to get in shape. I sit at a desk all day and have gotten overweight. My wife is pregnant with our first child, and I really wanted to be in shape when our baby girl is born. My stamina and endurance is through the roof! **Fit-traxx™** has shown me that I can blaze a trail to fitness. The results have been fast and furious and I'm having a great time doing it. It works, it's fun and you can do it!" **Jeremy S., 26**

"I have been doing classes 3-4 times per week and needed a change and some motivation. The biggest benefits of **Fit-traxx™** are the small groups and tracking the results." -- **Kim L., 27**

"All my friends were taking **Fit-traxx™** and I thought I would try it. My cholesterol, blood pressure and sugar rates have all gone down. **Fit-traxx™** is a great workout." -- **Deb F., 53**

"**Fit-traxx™** is the biggest bang for the buck because of the instructor led exercises forces me to have a more thorough workout. **Fit-traxx™** is a great way to kick start an exercise routine." -- **Don L., 49**

"**Fit-traxx™** gets results! It's challenging, but I always felt like I had accomplished something at the end of each class." -- **Shara O., 44**

## **FIT-traxx™ & MAX-traxx™ Schedule & Program Pricing**

### Upcoming FIT/MAX-traxx Dates & Times\*

- ✓ **March 22 to April 17**
- ✓ **April 26 to May 22**
- ✓ **May 31 to July 3**

\*Class times/instructors subject to change. \*

### Program Pricing

- ✓ **3-day program: \$229 (\$269 non-member)**
- ✓ **2-day program: \$179 (\$219 non-member)**
- ✓ **1-day program: \$99**

\*Do consecutive programs and save \$30\*

\*\*Buy four launches and save over \$200!\*\*\*

#### **Fitchburg FIT-traxx Days/Times**

T/TH	5:15am – 6:15am	Mike
M/W/F	9:15am – 10:15am	Mike
T/TH	9:15am – 10:15am	Nate
M/W	5:15pm – 6:15pm	Nate
M/W	6:15pm – 7:15pm	Nate
Sat.	9:00am – 10:00am	Rotating Instr.

#### **Leominster FIT-traxx Days/Times**

M/W/F	5:30am – 6:30am	Karen
M/W/F	9:15am – 10:15am	Donna
T/TH	9:15am – 10:15am	Donna
T/TH	5:00pm – 6:00pm	John
M/W	6:00pm – 7:00pm	Donna
T/TH	6:00pm – 7:00pm	John
Sat.	9:00am – 10:00am	Rotating Instr.

**MAX-traxx OUTDOORS (All Classes Held @ St. Bernard's H.S. Athletic Field)**

Returning in late spring! Watch this space for days, times and instructors.