



THE GRIND FITNESS & WEIGHT LOSS CHALLENGE

THE CHALLENGE BEGINS JANUARY 7TH
AND IS 6 WEEKS LONG!
ENROLL NOW FOR ONLY \$85

6 WEEKS OF PROGRAMMED WORK OUTS,
3-5 TIMES A WEEK WITH CARDIO AND
ONLINE COACHING AVAILABLE

THERE WILL BE **PRIZES** AWARDED FOR THE INDIVIDUAL WITH THE
BIGGEST TRANSFORMATION AND FOR THE GROUP WITH THE
OVERALL BIGGEST TRANSFORMATION!

1ST PLACE PRIZE IS \$400!



SWEAT
is fat **CRYING**



#FITGRINDREPEAT

Contact us at thegrindadmin@thegrindfs.com or 314-939-1345

