

Are you ready to be fit?

Announcing: 2 new classes of *Fuze Fitness 60-Day Challenge*.

Fuze is guaranteed to help you achieve the health you dream about! This program gives you the power of both *sound fitness and nutrition* to get you in the best shape of your life, for life!

Take your health and fitness to the next level. Join *Fuze Fitness* now – it's fun and it works!



The *Fuze 60 Day Challenge* gives you:

- ✓ 2 dynamic, interval-based circuit classes per week
- ✓ Increased functional strength & overall fitness
- ✓ Reduced body fat & increased lean muscle mass to sculpt your body
- ✓ A challenging yet fun combination of strength, core, cardio & plyometrics inspired by military, sports, & elite athlete training methods
- ✓ A personalized weekly schedule for you to complete outside of class
- ✓ A "base line" fitness assessment including: body composition analysis, body fat, metabolic rate, muscle mass measurements & a fitness test. You will be re-tested at the end of the program to track your improvement!

Clean Optimal Nutrition

Proper nutrition accounts for up to 80% of your health strategy—the ***Fuze Clean Eating Bible*** follows principles of low glycemic, low inflammatory and nutrient dense whole foods. Additional education is given to further help create your optimal eating plan for life!

Your Expert Fitness and Nutrition Leader

Cherilee Garofano has over 10 years of expertise in fitness and nutrition. She is a Certified Personal Trainer, Pro Trainer for Canadian Association of Fitness Professionals, Twist Sports Conditioning Trainer, Cancer and Exercise coach as well as a Certified Holistic/Sports Nutritionist (CNP) and Registered Nutritional Consulting Practitioner (RNCP). In short, Cherilee will kick your ass while inspiring you to be in your best ever fitness and nutritional health.

How do I join the *Fuze 60-Day Challenge*?

When:

Monday – Friday 6:30 am classes
Tuesdays & Thursdays 6:30 pm classes

Where:

115 Simpson Ave., Toronto
Metropolitan Community Church
(in Riverdale @ Broadview & Gerrard)

Course Investment: \$395

Contact

cherilee@envisionwellness.ca
to sign up!

