



Join the

90 DAY TEAM CHALLENGE

TEAMS OF 2-5 FAMILY MEMBERS, FRIENDS, NEIGHBORS &
INDIVIDUALS (AGES 8 & UP) TO COMPETE

THIS FREE HEALTH PROGRAM INCLUDES:

BI-WEEKLY WORKOUTS • NUTRITION CLASSES • GOAL SETTING
MEAL PLANS & RECIPES • DAYCARE • WELLNESS COACHING
CUSTOMIZED HEALTH PLANS & MUCH MORE!

PRIZES & INCENTIVES WILL BE AWARDED



DECEMBER 5TH – FEBRUARY 27TH
MONDAY'S & THURSDAY'S AT 6:30PM-7:30PM
JERON X. GRAYSON COMMUNITY CENTER
1852 ENOCH STREET, PITTSBURGH 15219

DECEMBER 4TH IS THE LAST DAY TO SIGN-UP

FOR MORE INFORMATION OR TO SIGN-UP, CONTACT:

ONE ON ONE TRAINING & FITNESS, INC.
(412) 295-9195 OR ASHLEY@1ON1.ORG

