

Rockland Body Transformation Contest #2

Grand Prize:

2 night stay in a Starwood Hotel in Manhattan

Dinner for 2 at a Rockland Hotspot

and

\$300.00

Cost:

Before Sept 11: Special for the "Westrock Family"

\$129 a month for 3 months

Description:

Starting Sept 14- Dec 12

12 wks

Group Training

5 days a week with a Strength and Conditioning Coach with over 15yrs of experience

1 hour class

Includes: cardio, strength, balance and agility

Circuit training and time based interval format

Focus on Body Weight Training

Indoor and Outdoor location

Schedule: Mon – Fri at 6 and 10 am

Mon – Thurs at 7pm

Sat at 10am

Nutritional plan each month

Regular Price: \$199.00 a month or \$20 pay as you go