



1 MONTH WELLNESS CHALLENGE



Unlimited Fun,
Dynamic Workouts for
all fitness levels



Nutrition Coaching,
meal prep, and grocery
lists to maximize
results



Accountability &
Training from
accredited & certified
fitness and nutrition
coaches



Set goals and track
your progress
throughout the
challenge

HOW TO REGISTER:

- 1) Scan the QR Code & Enter your city name
- 2) Select **Mariah Fink** as your Preferred Trainer
**FYI, you may attend any CG workouts with any Trainer, but Mariah will be your main point of contact throughout the challenge!*
- 3) Fill in your information to create a CG account
- 4) Use Code **AHISDFS** to take the price from \$49 down to \$10!
- 5) After registration is complete, be sure to check out the confirmation email for next steps!

