

NEW!

MAC | MANCHESTER
ATHLETIC CLUB

FIT90

Are you getting ready for an upcoming wedding, family vacation or just looking to fit back into that bikini this summer?

Take your body composition to a whole new level with FIT90!

Fit 90 is a new program, offered exclusively at MAC with Tara Faria.

Tara is a personal trainer and physique competitor, who uses the same concepts found in Fit 90 for her and her client's 12 week contest prep.

This 90 day program is designed for individuals who are already working out 2-3 times per week and not seeing the results that they hoped for. It is important to know that success is based predominantly upon accountability - a mindset that Tara focuses on in her coaching.

This is an aggressive program designed to meet a short term goal, and provides an educational understanding of macronutrients. When you become accustomed to measuring macros in grams, you will have a greater understanding of portion sizes - ultimately helping you lose weight and gain muscle definition.



Are YOU ready to see your BEST body in 90 days?



PROGRAM BEGINS MARCH 21, 2018

Monday + Wednesday
6:00 AM

Wednesdays + Fridays
10:00 AM

MEMBERS:

(3) installments of \$190 or \$15 per hour

NON-MEMBERS

(3) installments of \$216 or \$17 per hour

** Pricing per week includes (2) 1-hour sessions with Tara + 1-hour of individual log review/adjustment done by Tara privately*

** Billed at \$15 per hour of service*

OBJECTIVES:

- ▶ Lose weight + increase lean muscle definition
- ▶ Education about quality of food and macronutrients
- ▶ Individualized training program

REQUIREMENTS:

- ▶ **Food and exercise journal:** Weight training sessions will be done twice per week with Tara, and you will be given parameters for cardio requirements which must be logged.
- ▶ **Regular weigh-ins:** Weigh-ins each morning. This will keep you on track and shows the effect that certain foods have on your bodies.

FORMAT:

- ▶ Two one-hour weight training sessions per week with Tara
- ▶ Weekly online food + cardio log review/adjustment - done by Tara prior to training sessions

STRATEGY:

- ▶ Tara will give you an individual protein/carb/fat daily intake requirement
- ▶ Pictures and stats will be taken at beginning and end of program
- ▶ Tara will change food + workout variables as necessary to make sure you are successful

CLASS SIZE IS LIMITED!
Sign up with Tara TODAY!
tfaria@macathletics.com



Participants MUST have a bodyweight scale, food scale and be available via email