

# Are YOU Ready for a REVolution?



- a. A relatively sudden and absolutely drastic change
- b. A drastic and far-reaching change in ways of thinking and behaving



**REV** is an **eight-week, comprehensive program** designed to help you grow closer to God, and to change your body both inside and out.

#### **Exercise program:**

- Instructor-led classes five days per week
- Strength training, muscle-building and cardio endurance
- Solid attendance highly encouraged

**Personalized** program provided by your “coach,” as well as our staff instructors. And with both pre- and post-testing, we’ll help you measure success in many different ways!

**REV** is part of the **CrossTrain Total Health Program**. You’ll receive a workbook and downloadable videos to help you on your journey of self-discovery, while learning about nutrition and healthy choices **that can last a lifetime**.

**REV** includes a cleansing protocol with several options to help you **beat those cravings** and focus on eating natural foods that provide the optimum energy you need to get through the day.

#### **Cost: \$149**

*Eight-week program includes instructor-led classes five times per week, the workbook and online videos, as well as other tools from our website.*

## **And introducing**



With **REV²**, you’ll receive all the same amazing benefits of REV, only this time you’ll be considered a **repeat** participant.

**REV²** is REV to a **higher power!** The workouts will be harder and more intense, but you’ll still have the support and guidance of our instructors.

**REV²** offers the best of REV in a fast-paced atmosphere designed to help take your experience to the next level! Your instructors will review the REV topics, while continuing to offer you **support** and **encouragement** along the way. Pre- and post-testing are included, as well as nutrition support and goal-setting.

#### **Cost: \$99**

*Eight-week program includes instructor-led classes five times per week.*



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