



It's time to give yourself the **Ultimate** Transformation.

Ntense Workout has collaborated with Dr. Armon Shayesteh to create the ultimate total wellness program. Ntense Workout is a departure from the norm. A sanctuary from the status-quo. We've thrown out traditional healthclub rules by blending over 25 years of fitness industry knowledge with a desire to create something totally new.

Dr. Shayesteh has a PhD in clinical nutrition and lectures at Northeastern Ohio College of Medicine & Pharmacy. He is a Board Certified Nutritionist and Diabetes Educator and also a Weight Loss Specialist & Registered Dietitian. He has been in private practice more than 15 years designing individualized diet and exercise programs for weight loss, sports nutrition, diabetes, heart disease, cholesterol, blood pressure and other nutrition related medical problems. He has nutrition segments every Wednesday on WYTV and is a regular guest on 570 WKBN radio talk show.

This program is a phenomenon and recognizes the importance of combining nutrition and fitness for an customized and overall wellness program. Every individual has unique wellness requirements, which is why this program is custom designed for each participant. When an individual embarks on their wellness journey they will identify their goals and body type with both a nutritionist and trainer. The next step is to determine their personalized Nutrition and Workout Plans from these results. Both plans work hand in hand and are refined monthly; as the participant moves through the program.

Every participant is held accountable for following through with their personalized program. Goal attainment becomes more enjoyable and rewarding through motivation and the ability to rely on a strong support system: Board Certified Nutritionist, Certified Personal Trainer and entire team of knowledgeable Ntense Workout Employees.

This is a 1 year program, which includes:

- 1 Year All-Inclusive Membership at Ntense Workout
- Cardio Equipment
- Selectorized, Plate Loaded & Free Weight Equipment
- Group Classes
- Fitness On Request
- Luxury Locker Room Accommodations w/Digitallock
- Towel Service
- 12 Personal Training Sessions with Certified Trainer

- 1 Year Nutrition Program with Dr. Shayesteh
- 12 Nutritional Sessions with Dr. Shayesteh
- 12 Body Composition Analysis Tests Using Bioelectrical Impedence Method
- Regular Monitoring of Blood Pressure & Blood Work Review
- Individualized Nutrition & Exercise Program for Weight Loss & Wellness
- Customized Vitamin/Supplement Recommendation

The Ultimate Transformation Program is valued at \$2500.00 and is yours for just \$1921.50 (includes tax).

\$960.75 1 Year All-Inclusive Ntense Workout Program & \$960.75 1 Year Nutrition Program with Dr. Shayesteh.

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