



i:TRAIN
STUDIOS

Operation Transformation



What do you get?

- 12 Open Gym Sessions at our 101 N. Queen Studio*
- 6 week Basic Evolution Nutrition Plan
- "Before" and "After" Inbody Scans

How do I sign up?

Scan the QR code below or email us to sign up!



What is it?

Operation Transformation is a 6 week program designed to help you lose body fat through nutrition and regular exercise. To add an extra challenge, we are making this a competition and throwing in a few prizes for those with the biggest transformations (based on % body fat lost). Whether you want to lose weight, or build muscle, this program can work for YOU!

Why Work With Us

- 15+ years of experience in the industry
- Weekly nutritional guidance
- Specifically designed workouts
- Prizes for our top 4 transformations
- Cost is only **\$25!**

Our Contact

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*At least 10 sessions must be completed at i:Train Studios to be eligible for prizes.