Exciting Virtual Group Fitness Classes Including One-On-One Nutrition Counseling, and Daily Motivational Support Starts Monday 3/30/20

March 30, 2020

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The MAX Challenge of Flemington offers virtual group fitness classes, one-on-one nutrition counseling, and daily motivation messages starting this Monday, March 30, 2020. According to Ari Lopatin, owner, he states: "When life gives you lemons - let's make lemonade. Today is the time to improve your life. Try something new. And, because you can exercise at home (with your camera off) no one has to see what you look like! Don't look at quarantine as a punishment. Use it as an opportunity to try something new - in the privacy from your own home. Or, have your kids, spouse or pets exercise with you and make it a great family experience."

Roxanne Lopatin, co-owner, states, "One of the biggest problems I see, for people trying to reduce their weight, is that most people focus exclusively on exercise. But, you need both exercise and proper nutrition. Besides the health benefits of eating better, most people have said their food tastes better and are amazed at how fast they lose unwanted pounds and inches. Thousands of nutritious recipes are available to fit most every taste bud. (And, yes treat meals are allowed.)"

This daily program combines 45 minutes of fitness and a motivational message to help you start your day.

Nutritional classes are regularly held and one-on-one counseling sessions are offered as members need them. Live classes are Internet accessible and replays are available to replay at your convenience. Those interested can see a full kickoff session at https://youtu.be/f-6c39FNwqE. Interested parties may also signup for daily motivational videos from Ari Lopatin here.

For more information, or to get started, please contact Ari Lopatin at (908) 751-7123.

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For more information about The MAX Challenge of Flemington, contact the company here:The MAX Challenge of FlemingtonAri Lopatin908-751-7123ari@b-yy.us148 NJ 31 Suite 3Flemington, NJ 08822

The MAX Challenge of Flemington

THE MAX Challenge is a 10-week body transformation system designed to make fast and lasting changes to your appearance and overall well-being. We combine Nutritional Counseling, Fitness Classes, and Motivation.

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