

Introducing: 3 Week Blast!

The Summer Session



- M6M cookbook with new summer recipes!
- M6M workout videos and written workouts in your manual
- 2-hour nutritional workshop
- personalized critiques from Adrienne Hanover, (aka AdrieFit) certified fitness & nutrition veteran with over 20 years experience
- complete, total body check ins with before & after pics included
- and more!

July 11th - July 31st

Workshops held:

Saturday July 9th

Due to demand & for the 1st time ever, M6M is holding a **3 week session** AND over the **summer!**

Cost: \$248

Visit: www.My6Method.com

Email: My6Method@gmail.com for more info

Are you ready?

Have ever wanted to try M6M but maybe the timing wasn't right or the was cost too high? Well, this is something you may want to check out!

New M6M exclusive, summer edition cookbook!

This new and zesty cookbook, by Marisa Moon of My Longevity Kitchen, will ALSO be included in your M6M manual!!

Personalized dietary & fitness critiques catered to your goals!

You ready to get a little serious for just 3 short weeks of your summer? Do you need a refresh? Do you need to tighten up your regimen because you fell off your plan? Ready to kick it up a notch for 3 weeks? We've got you covered!

The same quality of our 6-week session CUT IN HALF!

The 6, in My6Method stands for 6 weeks. So you're getting the same quality, of this highly successful program, but in THREE weeks! No time to cheat in THIS session! *It's just 3 short weeks!* We'll get you checked in and out at week 1 and week 3! Weight, body fat %, circumference measurements, water hydration and muscle density will all be checked! You'll also receive before and after pictures! **The 2 hour, mandatory workshops will be held, Saturday July 9th, 8-10am OR 10:30-12:30pm OR 1-3pm***. M6M office is located in the [River North Neighborhood of Chicago.](#)

*if you cannot make this date, there is a \$65 fee to schedule a one on one, 1 hour M6M workshop between Sat July 2nd and Friday July 8th (schedule permitting)

Deadline to join is Wednesday, July 6th, 2016!

To get signed up:

- Click the link at the bottom of this email or
copy and paste this link to your browser:

<https://clients.mindbodyonline.com/classic/admhome?studioid=237199>

- Make a profile (if new) or Sign in, if not new.

→ go to **ONLINE STORE**

→ go to **SESSION RESERVATION**

- in drop down menu, choose your reserve amount

→ this amount will go toward your package

→ you will receive an M6M receipt via email

(make sure you type in your correct email address)

- keep your credit card on your file by saving it in your profile

→ the remaining balance will be deducted between **July 4th-6th, 2016**.

Any questions, concerns or comments please email Adrienne at

My6Method@gmail.com

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and frequently asked questions.