

# CHOCOLATE HEART-BEET

Strawberries, Cacao, Beets & Chocolate Protein

## PROGRAM: SHAKES BY WORKOUT

One of the best ways to make sure that your customers are getting the best post-workout recovery is to help them figure out what they've just burned on the floor or in a group fitness class. We have a comprehensive guide to post-workout recovery that is easy for your staff and your members to understand. Customized options available.

# FEBRUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<small>JANUARY 2020</small> <small>S M T W T F S</small> <small>1 2 3 4</small> <small>5 6 7 8 9 10 11</small> <small>12 13 14 15 16 17 18</small> <small>19 20 21 22 23 24 25</small> <small>26 27 28 29 30 31</small>	<small>MARCH 2020</small> <small>S M T W T F S</small> <small>1 2 3 4 5 6 7</small> <small>8 9 10 11 12 13 14</small> <small>15 16 17 18 19 20 21</small> <small>22 23 24 25 26 27 28</small> <small>29 30 31</small>	SEE THE PROTOCOL 1
<b>GROUNDHOG DAY</b> CLEAN FILTER & ICE MAKER DEEP CLEAN S&S BAR 2	3	<b>SAMPLE</b> CHOCOLATE HEART-BEET 4	5	6	7	8
DEEP CLEAN S&S BAR 9	10	11	<b>SAMPLE</b> TRAINER'S SHAKE 12	13	<b>VALENTINE'S DAY</b> 14	15
DEEP CLEAN S&S BAR 16	<b>PRESIDENTS' DAY</b> 17	18	19	<b>SAMPLE</b> CHOCOLATE HEART-BEET 20	21	22
DEEP CLEAN S&S BAR 23	<b>SAMPLE</b> TRAINER'S SHAKE 24	<b>MARDI GRAS</b> 25	<b>ASH WEDNESDAY</b> 26	27	28	29

## OPERATIONS TIP

The Member's Club is filled with Shake Recipes, Nutritional Articles, Marketing Collateral, Monthly Programs, Promotions, and so much more! If you are having trouble logging into the PFC Member's Club or you would like an account, please email us. Visit our Member's Club today!



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