



The program consists of challenging workouts & nutritional guidance to help you successfully manage your waist size!

Lose weight in a fun and supportive 10 week program to kick off the New Year!

- *Prizes for the winners!*
- *Fitness assessment, counseling, and challenging workouts*
- *Challenging group training sessions throughout the week.*
- *Weekly weigh-ins and challenges to keep you motivated*
- *Nutritional guidance and food journal*

Training Sessions will be offered in the evenings and early mornings to fit your schedule! Call today for more information!

\$335.00 Members

\$405.00 Non Members

Program Starts January 18th, Sign Up Now!!!