



**It's not too late to lose the weight!**

**8 Weeks: February 4<sup>th</sup> – April 1<sup>st</sup>**

## **Weight & Wellness Program!**

- Confidential weekly weigh ins by staff
- An exercise and food journal as well as weekly workouts challenges & nutrition advice will be handed out to each participant.
- Prizes for the male/female with the biggest percent of weight loss
- Free 3-Class punch card for group ex classes

**Sign up at the front desk!**