



AT THE LIFESTYLE CENTER

## Sessions Include:

**2 weekly group training sessions with a Certified Personal Trainer  
Nutritional Education Counseling with a Registered Dietitian**

**Bonus!**

**Ultrasound Body Fat Analysis (\$25.00 Value)**

# All for just \$99

**Choose one of these 2 amazing sessions offered in December!**

### **Aerobic Room B**

10 People Max

**Monday / Wednesday 6:30 am**

**Dates:**

**4th, 6th, 11th, 13th, 18th,  
20th, 27th**

### **Aerobic Room B**

10 People Max

**Tuesday / Thursday 6:30 am**

**Dates:**

**5th, 7th, 12th, 14th, 19th,  
21st, 26th, & 28th**

**No class will be held on Monday, December 25th. Participants are welcome to make up this session by attending a Tuesday or Thursday class. Please notify the instructor of which class you will be attending.**

**Register in the Customer Service Office. For additional information, please contact 624-3450.**