



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 June 2018!

Aerobic Room B

10 People Max

Monday / Wednesday 6:30 am

Dates:

4th, 6th, 11th, 13th, 18th,
20th, 25th & 27th

Aerobic Room B

10 People Max

Tuesday / Thursday 6:30 am

Dates:

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

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