



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 January 2018!

Aerobic Room B

10 People Max

Monday / Wednesday 6:30 am

Dates:

**8th, 10th, 15th, 17th, 22nd,
24th, 29th & 31st**

Aerobic Room B

10 People Max

Tuesday / Thursday 6:30 am

Dates:

**2nd, 4th, 9th, 11th, 16th,
18th, 23rd, & 25th**

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