



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 April 2018!**

### **Aerobic Room B**

10 People Max

Monday / Wednesday 6:30 am

Dates:

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

### **Aerobic Room B**

10 People Max

Tuesday / Thursday 6:30 am

Dates:

3rd, 5th, 10th, 12th, 17th,  
19th, 24th, & 26th

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