



## **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 November!**

### **Aerobic Room B**

**10 People Max**

**Monday / Wednesday 6:30 am**

**Dates:**

**6th, 8th, 13th, 15th, 20th,  
22nd, 27th & 29th**

### **Aerobic Room B**

**10 People Max**

**Tuesday / Thursday 6:30 am**

**Dates:**

**2nd, 7th, 9th, 14th, 16th,  
21st, 28th, & 30th**

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