



## 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 from one of these 2 amazing sessions offered in October!**

### **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.**