



Spring off the Pounds

March 1-May 10

Fee: \$145 for members/\$200 for non-members

Information

- Includes 2 fitness evaluations, 2 one-on-one Personal Training sessions, AND 2 group Personal Training sessions
- Participants will receive weekly reminders, health and fitness information, and weekly challenges via email to help reach individual fitness goals
- Participants will also receive a packet of helpful nutrition information
- Weekly weigh-ins are also available to track progress
- Ages 16 and up may participate

HUGE savings on Personal Training!

An informational meeting will be held on Monday, February 22nd at 7:00pm in the Birthday Party Room.

Come find out what “Spring off the Pounds” is all about!