



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXTREME LEAN MAKEOVER

DO YOU WANT TO GET
SERIOUS ABOUT FITNESS IN
THE NEW YEAR, BUT AREN'T
SURE WHERE TO START?

WE CAN HELP!

- Meet with a Wellness Coach once a week for 6 weeks
- Lose weight and increase strength, flexibility and cardiovascular endurance
- Stay motivated and obtain your goals

Your body fat, weight and measurements will be assessed at the beginning and end of the program

Guidance, support, and development of your very own fitness program. - one that's right for you!

January 16th-February 25th

Cost:

\$60 Members
\$100 Non-Members

Note: This is not a personal training program and is designed to be a beginning-to-moderate level orientation on how to get fit and live healthy.



