



Workouts for Weightloss

Mondays and Wednesdays at 6 p.m.

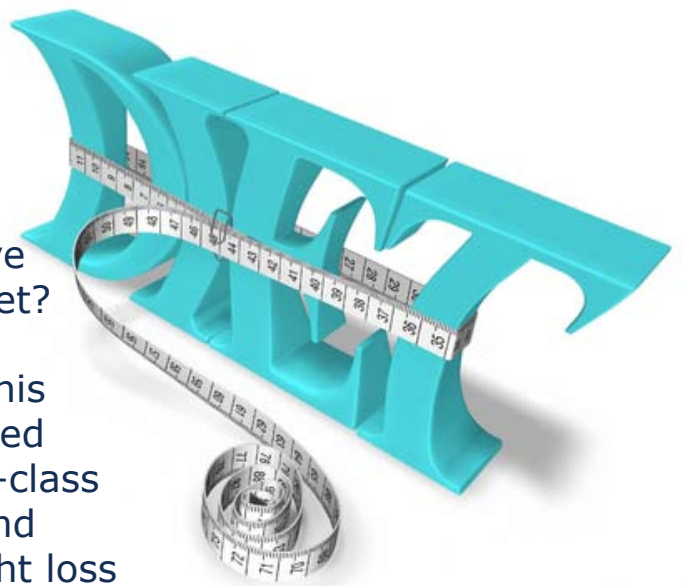
Sundays at 11 a.m.

Cost: \$280 for 4 weeks

Program runs continuously.

(Limited to 8 participants.)

Do you have 50 or more pounds to lose? Have you tried every diet or work out on the market? It is time to stop trying short-term fixes and work to change your lifestyle permanently. This Class will equip you with all of the tools needed to create a healthy lifestyle. In addition to in-class workouts, participants will use a workbook and in-class counseling to aid them on their weight loss journey. Class will workout twice a week for an hour and there will be an additional hour of lifestyle education and counseling on Sunday mornings.



For more information or to register,
please call **(860) 833-0605**.