

Spring is just around the corner!

# Take the "BT" Weight Loss Challenge

10 week Body Transformation Weight Loss

This program is offered to members, non-members and employees to help them achieve their weight loss goals.

**START DATE: Monday, 2/6/12 - Friday, 4/13/12**

All participants can sign up as a team of four or sign up individually

**\$ 99 member fee**

**\$ 249 non-mbr fee  
(with 10 wk membership)**

**All participants receive:**

- 5 sessions of Small Group Training
- Exercise Program & Guidelines
- Team meeting with Nutritionist



**Register with payment at Front Desk**

**See Jeff M. at Ext: 141 or visit the front desk for details.**

