







FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SMART START WEIGHT LOSS

Smart Start Weight Loss is a 10-week weight loss program that includes working with a trainer for exercise, stretching and behavior change discussions weekly. This program will include nutrition educational programs, group classes and be part of a supportive community for an holistic approach to weight loss.



-  **STARTS THURSDAY JANUARY 9TH 5:30-6:30PM TO MARCH 13TH**
-  **10 60-MINUTE PERSONAL TRAINING**
-  **WEEKLY GROUP BEHAVIOR CHANGE MEETING TO ADDRESS OUTSIDE FACTORS**
-  **ATTEND 1-2 MONTHLY NUTRITIONAL CLASSES WITH OUR REGISTERED DIETITIAN.**

Price:

\$450-Members

\$600-Non-Members

**SCHEDULE A FREE
CONSULTATION
AT THE FRONT
DESK**



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715-818-6015



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