• 2013 • WINTER MELTDOWN Contest!

FREE 8 WEEK PASS WITH FITNESS PACKAGE

WIN Prizes!

***The male and female who each lose the largest percentage of weight will* WIN AN ANNUAL PASS!**
Three 10-visit punchcards will also be awarded in a random drawing of all participants who complete the program!

MUST REGISTER & WEIGH-IN BY: ***Thurs., 1/17***
Register in-person or online

Join us on an 8 week community challenge to lose weight and form healthy fitness habits

FITNESS AND NUTRITION PROGRAM

Exercise along with proper diet and nutrition is the "key" to weight loss! Register for this 8 week challenge and along with attending the weekly nutrition workshops, ***YOU WILL RECEIVE A PUNCH PASS TO ATTEND ANY FITNESS CLASS LISTED ON OUR DROP IN FITNESS SCHEDULE***. Classes range from beginner step aerobics, strength training Body Pump, cardio pumping Body Combat and a wide range of yoga classes to name a few. Check out the drop in schedule online at www.cityoflafaytte.com/recreation. **The instructors will motivate you to reach for your fitness goals while getting fit and having FUN!** This is the perfect opportunity to really "unlock" the inner fit and healthy you!

Code	Participation Package Options	Fee Passholder/ R/NR	Dates/Time
311395-A	Fitness + Nutrition (Rec Center Pass, 8 Nutrition Workshops)	$80/$90/$100	1/15-3/5
311399-A	Nutrition Only (8 Nutrition workshops)	$30/$40 /$50	1/15-3/5 Tue 6-7pm

Nutrition Only Program

Learn about healthy foods, how to set goals, food journaling, recipe tips and more. As a part of the nutrition component of this program each participant will also register for the Weigh & Win program. Each participant will also receive an 8 week fitness/ nutrition journal.

You must weigh-in to be eligible for prizes

WEIGH-IN DATES			
Day	Date	Time	Location
Sat	1/12	9-11am	Oatmeal Fest Health Fair
Mon	1/14	5:30-6pm	W & W Kiosk in Lobby
Tue	1/15	5:30-6pm	Before first Nutrition Workshop
Wed	1/16	6am-7am	W & W Kiosk in Lobby
Thu	1/17	8:30-9am	W & W Kiosk in Lobby

** Final weigh in dates will be announced in the nutrition workshop on 2/12/13*

GET PAID TO ACHIEVE A HEALTHY WEIGHT

Visit our lobby kiosk • www.WeighandWin.com

Weigh and WIN
Get paid to achieve a healthy weight!