

# DARE TO LOSE

Starting January 7th



## WHAT IS DARE TO LOSE?

- Group workouts with a Certified Personal Trainer
  - Peer motivation and fun
- Accountability to help you lose weight and keep it off
  - Work to your personal potential

**Monday & Thursday**

**5:30pm-7:00pm**

**Location: Downtown**

**COST PER 8-WEEK SERIES**

**MEMBER: \$249 NON-MEMBER: \$299**



*in partnership with Cayuga Medical Center*

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