

Weight Management

Want a “N.E.W.” You?

Nutrition, Exercise, & Weight Management

September 22—December 17, 2009

Tuesdays 6pm-7:45pm & Thursdays 6:30-7:30pm

**Fun work-
outs with
new
and
exciting
exercises**



**Make good
decisions
about your
eating**

Weight Management is a combination of lecture/class discussion once a week and group exercise sessions twice a week. It is designed to give you a total body workout and introduce you to some new exercises. The workout program consists of a strength training program followed by a short cardiovascular interval workout on one day, and a functional circuit workout on the other day.

See Front Desk for registration information

Deadline for registration is Saturday Sept 19th.

Cost: Members \$289, Non-Members \$339 for 12 weeks

