



# ARE YOU READY TO MAKE A CHANGE?

If so, enroll in our 30 day Weight Loss Challenge

- Challenge cost is \$15 and includes a packet with: sample workouts for both lap swimming and gym workouts, sample meal plans and nutrient tips, and access to our trained professional Tyler Stammer who is a NASM Certified Personal Trainer for any questions or tips.  
(Cost doesn't include entrance fee)
- Weigh-ins and informational meeting will be offered two different days and times for your convenience. They are: Friday December 29<sup>th</sup> at 6pm, or Saturday December 30<sup>th</sup> at 3pm. Weigh-ins will include: measurements of your body weight, body fat percentage, body mass index, and inches.
- All results are confidential and prizes will be awarded to winners in 4 categories: adult female, adult male, senior female, and senior male.



Join in and be a part of a positive and supportive environment