

121 Fitness Center presents

# Choose to Lose

## 10 Week Weight Loss Program



- Health Assessment with a Personal Trainer (\$100 value)
- 1 Personal Training session each week with a Personal Trainer (\$200 value!)
- Bi-Weekly Group Meetings
  - 9/14 - Welcome to CTL/Goal Setting
  - 9/28 - Properly Fueling Your Body for Weight Loss
  - 10/12 - Exercise for Weight Loss
  - 10/26 - Group Training Session
  - 11/9 - Life After Choose to Lose
- Choose to Lose Tracking Guide for your 10 week program
- Unlimited Access to 121 (\$180 value!)
- Weekly Prizes!!!
- Grand Prize for greatest % of weight lost!



## Begins Sept 14th!

### Members:

**\$229**

(\$99 for members who are already working with a personal trainer. This price excludes 10 training sessions)

**\*\*\*Only open to those who have not participated in Choose to Lose previously\*\*\***

### Non-Members:

**\$249**