

Losing 4 Life... Mount Airy's Biggest Loser

Losing 4 Life/Biggest Loser is a 12 week program that incorporates exercise and nutrition classes and is designed for weight loss and overall health improvement.

Free for Members of RCC!
Sign-Ups begin April 20th, 2009
Program begins April 27th, 2009

Let us help you keep that New Year's Resolution and reach your health and fitness goals!

- Morning and Evening Sessions to Fit Your Schedule
- Group Exercise Circuit Training (weekly)
- Group Nutrition Classes Presented by Surry County Health and Nutrition Center (weekly)
- \$30 for Nutrition Book and \$12 Class Fee for Nutrition Component
- Individualized Exercise Programs
- Individualized Calorie Counts
- Health and Fitness Analysis (optional) include:
- Body Fat %
- BMI
- Weekly Weigh-ins
- Fitness Test
- Basic Body-Girth Measurements

Our participants have lost thousands of pounds combined and have learned how to take control of their lives and become healthier and happier individuals.

Come join the fun and begin your path toward a healthy lifestyle!

Call Bradley Key or Darren Lewis at Reeves Community Center for more information.

336-786-8313



Mount Airy Parks & Recreation Department

Reeves Community Center

PO Box 1232 • Mount Airy, NC 27030

Non-Profit
Organization
U.S. Postage Paid
Mt. Airy, N.C.
Permit# 15