



# Battle of the Holiday Bulge

**Tis the season to be fit**

**Maintain weight or lose weight for the holiday season join us in challenging yourself to keep off the weight.**

**Go from Thanksgiving to New years and keep that extra 10 lbs off.**

**COST: \$25.00**

**T-shirt provided**

**Weigh-in November 22nd to 24th  
from 9am to 5pm**

**Final weigh-in January 3rd to 5th from  
9am to 5pm**

**Register online or in person starting in November. Have fun with the classes provided, be healthier, feel proud for keeping on track and setting an example for family and friends.**

