



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Lose It

Lose it is a unique, no pressure program that incorporates support, accountability and personal training to assist each person to reach their goals. The purpose of Lose It is to build a foundation of learning how to eat and exercise to improve health and lose weight. The Lose It program gives insight into the behaviors that support healthy living and weight loss.



## NEW SESSION BEGINS July 7th – Sept 22th

Tuesdays at 11am to 12pm or 6:30pm to 7:30pm

Cost for members: \$190.00

Community: \$340.00

*Ask your insurance Company if they cover this class.*

### SIGN UP TODAY

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## PROGRAM OVERVIEW

1. 12 weeks – 1 session per week
2. Must be 16 years or older
3. 6 – 1/2 hr sessions with a Personal Trainer
4. Provides tools, knowledge and group support to help develop plans that support your weight loss goal

