



Lose-it 1 on 1

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Take time to work on yourself

Lose-It 1 on 1 is a 12 week program that incorporates learning about eating and how it works for you body with personal training, as well as, tools to assess where you are now and how to reach your goals.

OPTION 1

- 12 Week Session
- Meet 2 times weekly with a Personal Trainer
- 1 metabolic assessment to calculate your target calorie zone, and 1 after the 12 weeks.
- Provides tools to reach your goals.
- Provides plans for improving your body's **Strength**, **Health** and **Wellness**.

\$1200



OPTION 2

- 12 Week Session
- Meet 1 time weekly with a Personal Trainer
- 1 metabolic assessment to calculate your target calorie zone, and 1 after the 12 weeks.
- Provides tools to reach your goals.
- Provides plans for improving your body's **Strength**, **Health** and **Wellness**.

\$900



You will be working 1 on 1 with a personal trainer to get you where you want to be. Whether you want to run your first race, play hard or wear the clothes you want to wear. This is the time for you.