

Lose Weight, Win Cash!



Sign Up Today!
Fitness Group
with Amber!

A 6 week personalized fitness group for ALL fitness levels! Focus on overall health and fitness, including multiple types of workouts, strength, and cardio training

Every Monday (6:30p-7:30p) and every other Saturday (9:30a-10:30a), from Feb. 5—March 15

- Small group work
- Weekly check-in conference call
- Nutritional Guidance
- Opportunity to continue with personalized training after group is over
- Cash prizes for participants who lost the most weight (based on number of participants)

Deadline to register is January 30, 2018

Members - \$80 Non-Members - \$180

14421 Lake Royer Drive, Cascade MD 21719

Register at front desk or call 301-241-5085