



\$99 Members

\$325 Non-Members

Mention this flyer to get \$25 Off

Movin' & Losin'

The exercise professionals at Gottlieb Center for Fitness will give you the support and direction you need to safely and successfully lose weight.

During this 10-week personalized program, you'll receive:

- A one-hour consultation with an exercise physiologist to:
 - Obtain measurements (weight, body fat and circumference)
 - Determine your daily caloric needs
 - Develop a weekly personalized exercise plan
 - Establish achievable weight loss and fitness goals
 - Review information packet
- 30-minute appointment at 5 weeks
- Wrap-up Session
 - Obtain measurements (weight, body fat and circumference)
 - Plan for continued success
 - Your comparison measurements
- Non-Members also receive:
 - Three-month full-service membership
 - 60-minute personal training session



**Gottlieb
Center for
Fitness**

Gottlieb Center for Fitness
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