

New Year, New YOU

Not just *another* weight loss program

Work one-on-one with fitness instructors and PhD in nutrition to create a custom plan for long-term lifestyle change.

8 Weeks

January 9 - February 27

- ✓ Nutrition Evaluation and Counseling
- ✓ 4 Group Exercise Sessions/Week
- ✓ Morning and Midmorning Workouts
- ✓ Tools to make sustainable changes
- ✓ Support and Accountability
- ✓ Holistic Approach

SIGN UP NOW

Member \$475

Non Member \$575

Register at Front Desk



Space is limited to ONLY 8 people

For more information email sarag@peninsulacovenant.com
Or call 650-364-6272 ext. 261

