



Are you ready to make a lifestyle change, lose a few pounds and begin a happier & healthier tomorrow?

Then this 8-week challenge is for you!

Start losing weight and live the life that you have always wanted.

**Fee:**

**Members \$100**

**Non-Members \$150**



**Challenge runs  
January 7 to  
February 28,  
2019**

**A general meal plan and two fitness classes (Spartan & HIIT) will be included to help you reach your goal.**

**Prizes for 1st & 2nd Place!  
Men and Women Groups**

**Registration Deadline:  
Thursday,  
January 10, 2019**

**Register at WSRPD  
in person at  
500 Cascade Place in the  
District Office or Recreation Center  
or by phone at  
(661)763-4246 or (661)765-6677**

*\*See reverse side for details*

