

8^{IN} EIGHT



Everyone knows that fad diets and lose-weight quick schemes don't work forever. It takes commitment and motivation to make it stick. Body Zone will help you make the commitment and stay motivated to take off the pounds and keep them from coming back.

You will learn how to eat healthier and work out effectively in an eight week program consisting of eight 45-minute sessions with a registered dietitian and eight-45-minute sessions with an experienced fitness professional.

Led by a registered dietitian, the 45-minute nutritional program teaches:

- Basic weight loss concepts
- Ways to create a healthy eating plan
- What causes overeating
- How to change behaviors and set goals
- The right way to shop at the grocery store
- Healthy eating at home and when you go to dinner
- Long-term weight maintenance

The 45-minutes session led by a fitness professional will focus on:

- Body weight/body composition measurements
- How to fit exercise into your schedule
- The secret to getting started and staying motivated
- Cardio, strength, core and flexibility training
- Interval training
- New and challenging workouts



Class Details
Tuesdays from 5:30-7:00pm
October 5-November 23
Cost: \$249 members
\$299 non-members